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HOW TO GET YOURS, SHAME FREE

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MAKE FAT EXTINCT!

CHRIS PRATT ON HIS JURASSIC WEIGHTLOSS

FITNESS

MEET THE FITTEST WOMAN ON OUR INSTAGRAM FEED

NUTRITION

18 WAYS TO TURN PIZZA INTO MUSCLE FUEL p36

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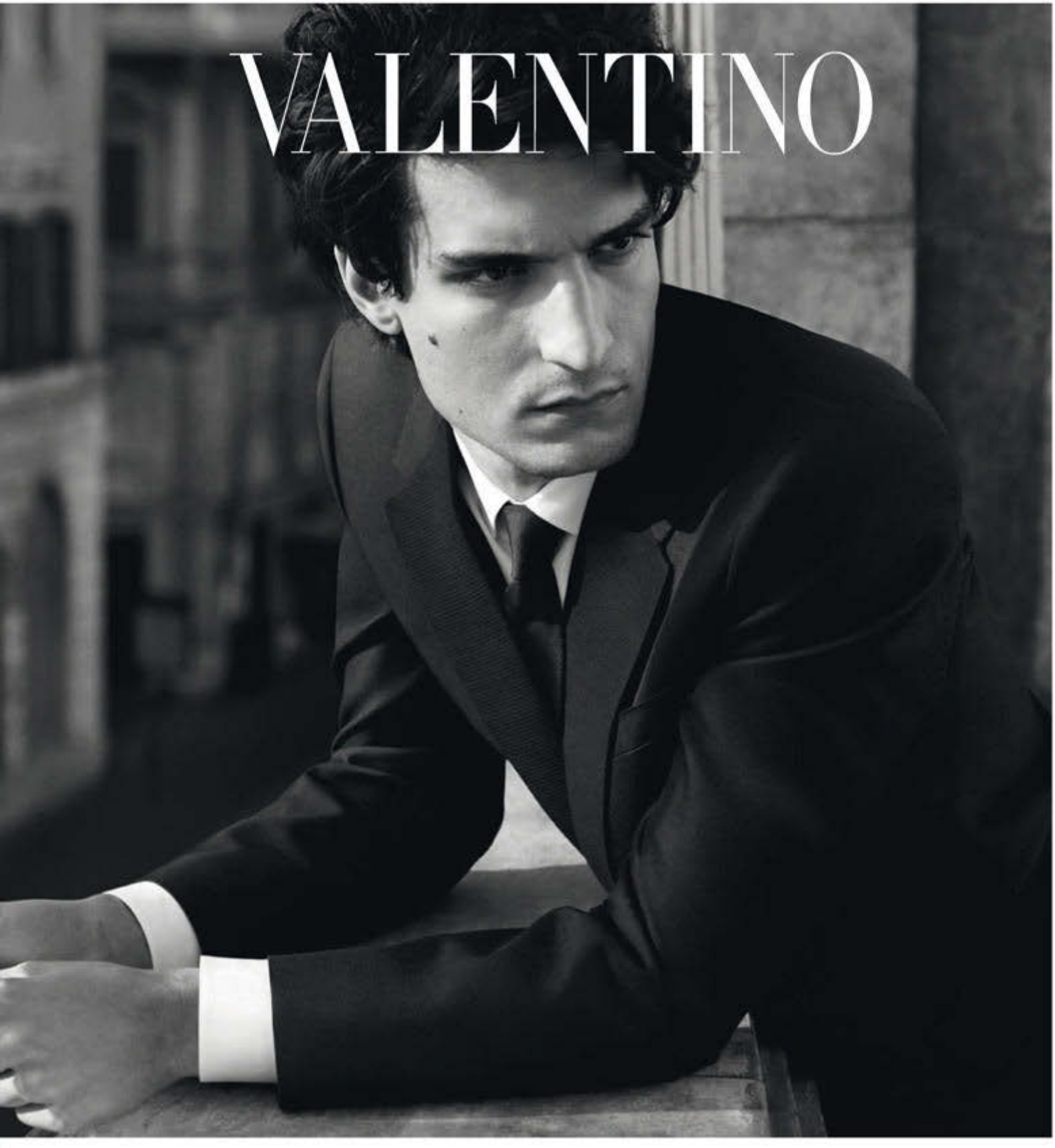
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EDITOR'S LETTER

THIS MONTH, TAKE YOUR PROBLEMS OUTSIDE

PAGE 96

Bin the grill. Our BBQ game packs extra al fresco flavour, fewer health nasties and a generous helping of fun





PAGE 160

Don't drop your standards when you strip off. Put other beach-goers in the shade with our any-body guide to smart swim attire

PAGE 108

Outdoor chores needn't be a bore. Mow through your to-do list with flair and flourish using our very visual guide





PAGE 116

Lace up and run with the athletes making marathons look like a walk in the park



PAGE 88

MH infiltrates Louisiana's maximum security prison rodeo to reveal good, bad and downright ugly scenes



PAGE 102

Mindfulness be damned. These adventures purge you of everyday stress



MAKE SHORT WORK OF YOUR BEACH BODY (P71)

Modern life can run along very constrained paths, from home to car, office to gym, all via pre-ordained routes. Unless we stop and take stock, we can end up measuring our daily dose of sky in seconds. So this month, *MH* has decided to make like a Lannister and get roofless. Stepping out soothes stress, boosts motivation to exercise and floods your body with vital vitamin D. Welcome to our first Great Outdoors Issue.

For those floundering to bust their fitness plateau in the safe environs of the gym, we invite you to join the fanatical runners of FKT (p116) as they tackle mountains, extreme weather and baffled shakes of the head from their peers in pursuit of another esoteric personal best. For those burdened by the daily grind, we prescribe a stress cure of pure adrenaline – gaze into the abyss and forget the spreadsheet (p102).

We have more prosaic matters covered, too. On p108, a beautiful woman walks you through the essential dad skills you need to prep your castle for summer. And as for the obligatory barbecue, well, we've called time on DIY-store briquettes and cauterized sausages by drafting in the professionals. Eating al fresco will never be the same again (p96).

Of course, after the furore of recent weeks, it would seem remiss of us not to ask if you feel summer body ready. But don't worry if not. Who better to inspire you than our cover star Chris Pratt, who has gone from chubby funny man to ripped action hero? Now, as he grapples dinosaurs in *Jurassic World*, he shares the workouts that made his fat extinct.

So may we declare summer open. Let us help you make it a memorable one.

TOBY WISEMAN
BSME EDITOR OF THE YEAR

The Great Outdoors Issue

07/15 THE GREAT OUTDOORS ISSUE



HEALTH

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Discover how spending time with the right people turns back the years on your body

P77 PLAY AGAINST TYPE
Diabetes is the silent epidemic of our age. We arm you against the deadly assassin

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MH and the Global Drugs Survey show you how the stats stack up for men like you



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Lift your training to the next level with the gymnastic move putting the plank to shame

P156 PACKING SMART
Streamline your suitcase with style and leave any stress in the departure lounge



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Use the new science of portion sizes to turn your physique around, no dieting

P53 GRIND OUT A PEPPER CORE
Not your run-of-the-mill abs story: this is the spice that turns any food into six-pack fuel

P140 DOUBLE TIME FAT LOSS
Two hardcore metabolic conditioning sessions to fast track your beach prep



NUTRITION

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Get cut for summer with a ceviche dish that goes from fridge to knife and fork in seconds

P96 EVERYTHING BUT THE GRILL
How to dig, spit and smoke your al fresco food for more taste and fewer carcinogens

P135 THE GREAT BRITISH BULK-UP
Cheat your way to flaky 'baked' salmon with only 10 minutes on the microwave clock



MUSCLE

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Are your supps a muscle elixir or could they be holding you back? Pore over our facts

P41 LIFT YOUR WEIGHTS IQ
Accepted muscle wisdom is set to burst. Here are the new rules of working out

P139 STEP UP TO THE BARS
Make the park your playground for a free strength workout – and a tan to set it off



FITNESS

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The latest in performance gym kit that isn't weighed down by a hefty price tag

P55 DON'T GO HARING OFF
Make Aesop your new training partner and take it slow for a fable-worthy 10K time

P88 THE OUTLAW'S RODEO
Meet the prisoners putting their bodies on the line to gain something to live for

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Flip dull abs sessions on their head with this unique, MMA-grade move

P36 TURN PIZZA INTO MUSCLE
How you can spin a greasy wheel into a solid slice of post-gym fuel

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Get to grips with a half-Brazilian model (and her full-on workout)

P60 MAKE FAT EXCTINCT
Chris Pratt on how he went from tubby funny man to action hero and didn't stop laughing along the way

P102 ADRENALINE ZEN
Mindfulness is dull. Scare yourself stress-free with our adventures

P136 BEACH-READY MUSCLE
No supps, no BS. Just 10 gym-free moves to prep a summer body

COVER CREDITS
PHOTOGRAPHER: PATRIK GIARDINO

SPEED TO BURN

MH STAYS HOT ON THE HEELS OF THE ULTRA-RUNNERS RISKING IT ALL ON P116

THE EXTREME CARDIO THAT TORCHES KCALS

THE EXPERT PANEL

SIX OF THE SPECIALISTS WHOSE COLLECTED WISDOM WILL ENSURE YOUR GREAT BRITISH SUMMER IS JUST THAT



REACH THE SUMMIT

KARL EGLOFF

The hills are alive with the sound of records breaking. Ultra-runner Egloff guides us up and down the earth's most perilous peaks **p116**



BANISH THE BBQ

ROSS CLARKE

Cremating bangers on the barbie is dead and buried. Ditch it (and the health risks) for chef Clarke's manlier meat feasts **p96**



SHOCK THERAPY

ERIC BRYMER

Psychologist Dr Brymer explains how extreme adventures replicate the effects of meditation. Take life to the edge on **p102**



SEAL OF APPROVAL

SEAN LERWILL

Personal trainer and ex-Royal Marine Lerwill gives you a Navy SEAL-style circuit to get your body shipshape on **p102**



KEEP IT SHORT

MICK HUNT

Ensure the grass is always greener on your side of the fence with tips from the Lord's groundsman. Mow down competitors on **p108**



BEE SAFE

DR ADRIAN MORRIS

A spoonful of honey helps the hayfever go down. Dr Morris plugs the symptoms so your nose doesn't run faster than you do **p75**

THIS ISSUE IS BROUGHT TO YOU BY...

12 ADVENTURERS	3 DOCTORS
7 STYLE CONSULTANTS	2 NUTRITIONISTS
5 PROFESSIONAL CHEFS	2 NAVY-SEAL TRAINERS
5 PERSONAL TRAINERS	1 CARDIOLOGIST
5 DIY SPECIALISTS	1 LEADING DENTIST
4 PSYCHOLOGISTS	1 JOBBING MODEL
4 SPORTS COACHES	1 DRUG SURVEYOR

TOTAL 53 EXPERTS

Men'sHealth

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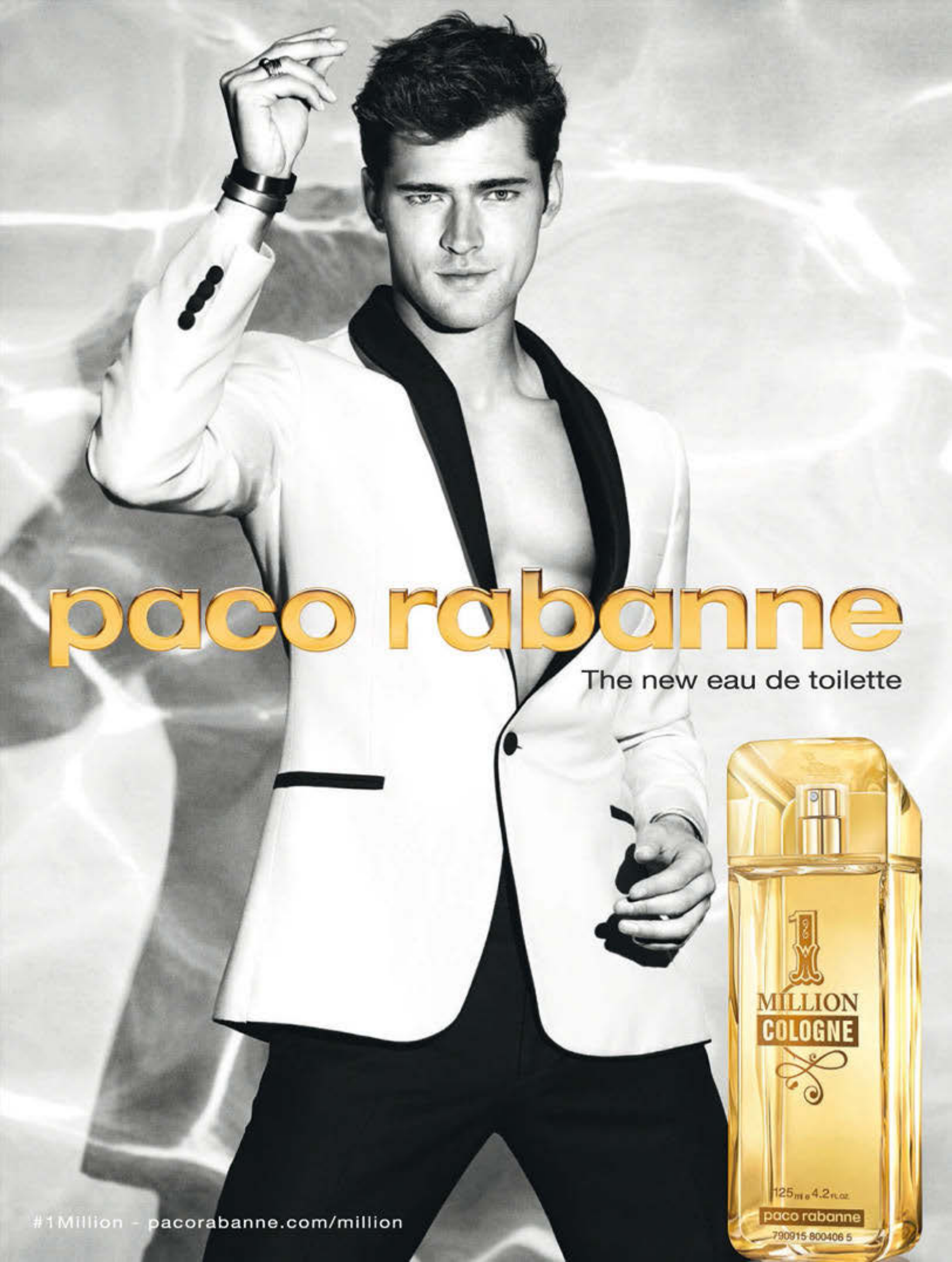
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ASK MH

OUR FITNESS PROS TIE UP YOUR LOOSE ENDS

THE BIG QUESTION

Q CAN RUNNING ACTUALLY BE BAD FOR ME?

JAKE, GRIMSBY

Blisters may be a badge of honour for marathon junkies, but some walls aren't worth pushing through. Although the University of South Carolina found running up to 20 miles per week lowers your risk of early death by 30%, 'little and often' has better all-round benefits. A two-hour slog won't increase your life expectancy any more than a 30-minute jog. Meanwhile, Manchester University linked long-distance cardio training with abnormal heart rhythms in later life. "The ideal is to run for half an hour, no more than five times a week," says cardiologist Dr James O'Keefe. Speed wins you no prizes, either: a 6-7mph pace is proven to benefit your heart, but any faster can stress your nervous system. Keep tabs by monitoring your resting heart rate, says fitness coach Rob Blair. Check it at the same time each day, and if it varies by a couple of beats, take a rest day – or risk running yourself into the ground.



TIME TO FACE THE CONSEQUENCES OF RUNNING ON EMPTY

TAPER TIME

Three signs that your body is overdue a rest, from PT Matt Roberts

GOT A HUNCH?
If your shoulders stoop as you run or your foot strike isn't in a neutral position, you could be at risk of injury. Slow your pace and focus on form.

WALK THIS WAY
Pain in your tendons means inflammation is causing problems and this can effect the way you walk. Rest up with an icepack.

LACKING LUSTRE
Exercise raises libido, but over-training can do the opposite. If you notice a dip in your drive, reduce the intensity of your workouts.

WORDS: EMILY BADIOZZAMAN AND JON AXWORTHY | PHOTOGRAPHY: SUN LEE AND HEARST STUDIOS

ASK MH

SUPPLEMENT YOUR KNOWLEDGE IN SECONDS

Q PROTEIN SHAKES AREN'T WORKING FOR ME. SHOULD I DITCH THEM?

PAUL, DARTMOUTH

Sports supp companies make some big claims, and most are perfectly reputable. But not all shakes are Miracle-Gro for your muscles. Rule one: cheap is generally not cheerful. Bargain mixes tend to be higher in fats and lactose (milk sugar). The key to a decent product, other than a high protein percentage, is its range of amino acids. Quality mixes will contain plenty of the EAAs (essential amino acids) and BCAAs (branched-chain amino acids) that are crucial for growth.

Whey powder is favoured by most pros, in part due to its high levels of muscle-pleasing leucine, isoleucine and valine. *MH* is a fan of Monkey Nutrition (try X-Blend £17.50 for 420g). If your gut's no good with dairy, consider that research from the International Society of Sports Nutrition shows plant protein blends can be just as effective. We recommend trying Pulsin' Pea Protein (£6.29 for 250g). There's no shortage of options if you're willing to experiment. Do it your whey.

POWDER TO THE PEOPLE

Follow these rules to get more muscle from your shakes

WHAT?
After you've checked for BCAAs and whey, make sure your powder contains dipotassium phosphate, or buy it as an additional supp. It'll improve your endurance and accelerate repair.

HOW?
Choose a stainless-steel shaker to avoid BPA and lingering bacteria. They look better, smell better and cool quicker in the fridge; ideal for summer.

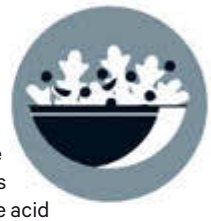
WHEN?
Pre- or post-gym? Both, says nutritionist Jeff Volek. Down half a shake 30 minutes before you work out, the rest half an hour after. Splitting your shake will take the pains out of recovery.

AM I NORMAL?

Q ALL I DO IS EAT BUT I NEVER FEEL FULL. WHAT'S UP?

ADAM, HAWICK

We'll give you the benefit of the doubt and assume a) your diet is a healthy, 30/30/40 mix of protein, fats and carbs, and b) you do not answer to the name Mr Creosote. If a gluttony for fats and sugar isn't the issue, you might suffer from acid reflux. Hunger pangs can result from a build-up of acids in the digestive tract, says nutritional consultant Alice Mackintosh, with vinegar, fruits and spices the worst culprits. Combine them with high-fibre foods such as pulses or broccoli to reduce acid by up to 20%. Drink more, too, but make it water. Dehydration can imitate your burger hankerings. This is one instance in which you're free to supersize.



DOES IT WORK?

Q I'VE READ THAT ENZYME SUPPS FIGHT CANCER. IS THAT TRUE?

EDDY, LONDON

There's a rule of thumb: when talking about preventing the C-word, you want to hear a lot of P-words too. Words such as proven, peer-reviewed and placebo-controlled. The web may be awash with articles pertaining to the miraculous benefits of enzyme supps, but few are backed by science. It's true enzyme therapy has reportedly been used to good effect in fighting some cancers. It is also true that pancreatic cancer affects your ability to digest food, so supps can aid nutrient absorption. In short, they're likely a good thing. But supposition is no substitute for solid evidence; as yet there have been no well-designed studies corroborating a link. By all means take them – but do so with scepticism.




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22 BRIGHT IDEAS & LIFE HACKS

JULY 2015











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THE BEST EXERCISE YOU'RE NOT DOING

For those of you whose summer six-pack development is going so swimmingly that you're currently holding a plank while flicking through this mag, you might just need a new challenge. Part broga move, part MMA warm-up, the triangle headstand is a full-body workout that will have your abs tapping out long before the session is up. It's a test of your core stabilisers, and in mastering the move you'll also strengthen the muscles in your neck, while working the erectors that protect your spine during exertion, which means an injury-proof back, ringside or poolside. Looking to add some heavyweight muscle? You also get a shoulder workout worthy of any barbell complex as your delts go all out to support you. "Face down, ass up" is your new gym mantra.



01 SET UP

Practise next to a wall at first. Kneel on a gym mat, with your forearms on the floor in a triangle shape, fingers interlocked.



02 FACE DOWN

Easy? Get ready to turn it up. Place the crown of your head between your arms. 'Walk' in as far as you can, so you finish on tiptoes.

03 ASS UP

Shift onto your arms as your feet leave the floor one at a time. Push your arms into the ground, bend at the knees and tense your core.



04 STEADY ON

You're on the home straight: slowly extend your legs; hold the position for 10 breaths. Reverse the process to return to solid ground.

WHAT YOU'LL GAIN

- A KNOCKOUT SIX-PACK
- + YOGI-ESQUE BALANCE
- + REINFORCED BACK AND SHOULDERS
- + A NEW PARTY TRICK

WORDS: LOUEE DESSENT-JACKSON | PHOTOGRAPHY: PHIL HAYNES | MODEL: HARRY CLOUDFOOT AT W ATHLETIC GROOMING: SABINE CHAMMAS | TRACKSUIT BOTTOMS UNIQLO, ZX FLUX TECH NPS TRAINERS ADIDAS AT SCHUH



THINK QUICK, MOVE FAST

Superhuman performance on the pitch is all in the mind. Consider this cognitive trick your jolt of natural EPO

Whether it's doing endless ladder runs or pushing through another sprint session, finding the speed you need to win a 50-50 ball or skin the last defender takes time. That is, unless you know the secret to tapping into your body's hidden power source.

According to a recent study published in *The Journal of Strength and Conditioning Research*, speed is all in your head. Well, a lot of it is, anyway. The team of physiologists and psychologists found that when you imagine yourself performing specific resistance exercises, your body releases extra growth hormone, increasing electrical stimulation in your nerves and boosting muscle activation by as much as 18%.

So imagine yourself exploding through the final rep of a PB squat at the pivotal moment in your next five-a-side showdown, and your muscle fibres will fire up in kind. Not only that, but the hormone boost will also surge you on, reducing pain and fatigue. So all that's left is to think up a new goal celebration – and fast.



WATCH YOUR MOUTH

Eloquence is a marker of exertion on the run. How dulcet are you?

CHATTING IS EASY — 80%HR

If you can talk comfortably, then you're below 80% of your max heart rate and won't be making big gains. Push harder.

YOU TALK IN BURSTS — 80-90%

If your speech becomes laboured, you've moved into the fat-burning zone. Keep it here if you want to shed weight.

SPEAK? NO WAY — +90%

If conversation is all but impossible, you've nailed power and endurance. Expect good gains, but not good chat.

NATURAL BORN STAMINA KILLERS

So, think you know pre-race nutrition? Think again. Some of the most popular fuels are slowing you down. Bin 'em and scoff these alternatives instead



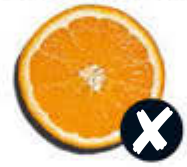
OATS

Porridge may not be the cyclist's choicest elixir after all. In the days before a race, the compound raffinose, found in oats, can kill speed by up to 5%.



TURKEY

The beta-alanine in this lean bird buffers the lactic acid that builds up during strenuous exercise, reducing pain on race day.



ORANGE JUICE

Endurance athletes need to go easy on the vitamin C. It dulls your muscles' ability to adapt at cellular level, making endurance training ineffective.



BEETROOT

This sweet, earthy root vegetable helps keep your muscles well oxygenated, powering you toward the finish line like a champion.



PISTACHIOS

Another raffinose-carrying culprit. Don't shell out on these nuts in the week before a race – they'll make crossing the finish line even harder.



POMEGRANATE

Sprinkle these little gems on your salad: pomegranate seeds have a high polyphenol count, which cuts soreness by up to 10%.

WEIRD SCIENCE

THE AMOUNT OF PROTEIN YOU ABSORB DEPENDS ON YOUR CHEWING METHOD

AMERICAN JOURNAL OF CLINICAL NUTRITION

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THE HEALTH SNOB'S GUIDE TO PIZZA

You won't find any nutritional tread on your old greasy wheel, so it's time to give pizza a new spin. Raise your dough game and join the upper crust of gourmet health

01 DOUGH!

For now, you can stay your topping hand. Great pizza is all about that base, says James Elliot, co-founder of Pizza Pilgrims. Proper pizza should be thin and crispy with a chewy centre. "You know it's great if the slice droops," says Pizza East **Portobello's head chef, Matt Luscombe. Keep it simple – good flour, yeast and salt is** all it takes (recipes *right*). **Knead into a bouncy dough, break it into balls and cover** until they double in size. Refridgerate overnight, stretch into shape and add toppings. It's easy as pie.



i GLUTEN BE GONE

If you're not allergic, going gluten-free is unnecessary. "But if you're intolerant, cutting back can help," says nutritionist Ian Marber, who's coeliac. Gluten is what gives dough bounce, but adding chia seeds to gluten-free dough puts a spring in its step and adds healthy fats that take a knife to your blood pressure.

ii WHOLE IN ONE

White flour is a nutritional no show, but wholemeal is higher in fibre, preventing post-feed sugar slumps, and a spectrum of B vits to unlock energy. "Fat and protein slow carb absorption," says Marber, so don't be too afraid to get decadent with your meat and cheese toppings. We're not saying they're not bad; they're just not *that* bad.

iii DOUBLE O HEAVEN

Top-notch Italian pizzas use finely ground Caputo '00' flour, which is higher in gluten, making it smooth and elastic. Long kneading (from 10-20min) delivers even better results, says Elliot. Prep a day early: **slow fermentation yields a moist crust and curbs blood sugar spikes.**





02 KNEAD TO KNOW

Once your dough is prepped, it needs to be cooked quickly – as in, less than three minutes (apologies, Dr Oetker) to give you a charred crust without drying out. Pro wood-fired ovens reach temperatures of 500°C, but your best bet is a **Chadwick (£385 chadwickoven.com)**, which sits on your hob and has a stone base to distribute scalding heat. "It will help you get those oh-so-important burnt bubbles on the crust for extra taste," says Luscombe.

Whichever base you opt for, there's no room for demurral with the sauce. With fresh tomatoes, it'll supply everything from bone-strengthening vitamin K to vitamins C and E for heart health. Invest in a French hand-cranked sieve (**Tellier Moulin £60 nisbets.co.uk**) for the perfect texture and taste, without decimating nutrients. Then just add salt, oregano and olive oil.





WORDS: TOM BANHAM | PHOTOGRAPHY: DAN MATTHEWS | FOOD STYLIST: VAL MCARTHUR



03 SLICE AS NICE

Despite what offers at your delivery joint might suggest, less is more. "Choose quality toppings and use sparingly," says Elliot. Complementary flavours work better than the 'anything anywhere' approach. And avoid the low-fat cheese trap, says Marber: "It's likely to be higher in sugars." Tear fresh mozzarella into chunks but add it halfway through cooking. Why? "Its high milk content leads to leakages – and soggy pizza," says Luscombe. Now, the menu...

SEE YOUR LIBIDO RISE

INGREDIENTS

- Gluten-free flour, 1.2kg
- Water, 1 pint
- Yeast, 8tsp
- Salt, 4tsp
- Olive oil, 125ml
- Chia seeds, 2½tbsp
- Avocado, ½
- Chilli, sliced

METHOD

Each recipe makes a batch of dough. Freeze what you don't need. The avocado here lifts libido-supporting histamine, while chilli brings the heat by mimicking physical arousal. Just wash your hands after.

GOOD NIGHT WHOLEMEAL

INGREDIENTS

- Wholemeal flour, 840g
- Water, 1 pint
- Yeast, 2tsp
- Salt, 1tbsp
- Honey, 4tbsp
- Turkey, sliced
- Pine nuts, handful
- Goat's cheese

METHOD

Protein-packed goat's cheese lets you drop that pre-bed shake. Fibre in the pie's base prevents sleep-killing blood sugar spikes and tryptophan in the fowl and pine nuts lifts hormones that steer you straight to nod.

PAN YOUR CANCER RISK

INGREDIENTS

- Plain flour, 1.75kg
- Water, 1 pint
- Yeast, 2tsp
- Salt, 1tbsp
- Spicy sausage, sliced thinly
- Broccoli, florets handful
- Mozzarella, ½ ball

METHOD

"Use a high-protein flour here for texture," says Homeslice's head chef Ry Jessup. This one's done when the broccoli fronds are charred but still have bite. The veg's sulforaphane is a top cancer fighter, FYI.

SOURDOUGH, SWEET ABS

INGREDIENTS

- 00 flour, 1kg
- Water, 1 pint
- Yeast, 2tsp
- Salt, 2tbsp
- Mozzarella, ½ ball
- Grated parmesan, handful
- Basil leaves, torn
- Olive oil, glug

METHOD

Allow the quality of your dough to shine. "There's nowhere to hide with margherita," says Elliot. Ditching meat cuts calories, but don't fear the grater: cheese is rich in both casein and calcium, which speed fat loss.

OIL OF OLÉ

Upgrade your extra virgin with these extras. Just steep for an hour



ROSEMARY

Turn your pie into brain food – the scent of rosemary oil aids cognition. Heat up a slice and plough through boring paperwork.†



BASIL

Pour this tasty life-saver over meaty, cheesy toppings. It prevents fats from gathering in your blood, reducing bad cholesterol.



THYME

The chemical carvacrol gives you red wine's benefits minus the booze, suppressing inflammation in the same way as resveratrol.



OREGANO

Not only does the 'pizza herb' lend your slice its distinctive aroma, it kills norovirus too. Call it fuel for your immune machine.

†SOURCES: THERAPEUTIC ADVANCES IN PSYCHOPHARMACOLOGY; OXIDATIVE MEDICINE AND CELLULAR LONGEVITY; NARA WOMEN'S UNIVERSITY, JAPAN; JOURNAL OF APPLIED MICROBIOLOGY



SMOKEY AND THE BAND AID

A nicotine habit isn't always a guaranteed death sentence. With the right spice you can smoke out your risk of dementia

It turns out your doctor's bête noire has been playing smoke and mirrors with your health. Nicotine – a substance with a medical rep worse than Katie Hopkins at a TUC rally – has redeeming qualities after all. Not that we're suggesting you spark up. According to new research from Washington University, if you get your fill of the compound from food (see below) it can cut your Parkinson's and dementia risk by delaying the death of dopamine-producing brain cells.

In fact, a daily dose of the alkaloid, found in paprika, can potentially halve your risk of Parkinson's. Plus new studies suggest nicotine lowers your chances of depression – which, incidentally, Katie Hopkins doesn't believe exists. We'll let you be the judge of that after dinner.

EAT IN SPAIN FOR THE MEMBRANE

Serve up a portion of Mediterranean medicine in 30min

INGREDIENTS
- An onion
- Garlic cloves, 2
- Smoked paprika, 1tsp
- Paella rice, 300g
- Cube of chicken stock
- Frozen prawns, 200g

METHOD
Chop the veg and add to a pan with the paprika. Cook for 10min before adding the rice, 750ml boiling water and the stock cube, crumbled. Simmer for 15min, stir in the prawns and leave for 5min before diving into a seafood life-saver.

DO THIS OR DIE!*

TURN DOWN THE DEATH METAL

Cadmium, a metal found in shellfish and cigarettes, shortens telomeres, which protect our cells from ageing. This raises your heart disease and cancer risk, says study author Ami Zota. Combat it by limiting shellfish, not smoking (duh!) and eating organic produce.





Regular exercise makes you more likely to have a healthy respiratory system
American College of Sports Medicine

IS YOUR OFFICE A HEALTH HAZARD?

If you thought minefields were risky working environments, it's time you looked beyond your own desk

RISKY BUSINESS

EMISSION RISKS
Non-smokers take note: you could still be at passive risk. Some laser printers emit ultrafine toner particles that cause as much harm as cigarettes.†

FLOW PROBLEM
You don't have to be a globetrotter to fall foul of fatal blood clots. A third of patients admitted to hospital with DVT are employees who spend all day sitting at a desk.

PAPER BEATS AIR
Stick to paper towels on your bathroom break. Hand-dryers blow 27 times more bacteria back on to your skin. No towels left? The back of your trousers will do.

BOILING POINT
Take care making your next cuppa. Around 11,000 people a year in the UK visit A&E with kettle-related injuries. Not where you want to spend your tea break.

SNACK BREAK
While that sugary snack won't kill you, the vending machine might. More people die each year trying to tilt vending machines than are eaten by sharks.

ROOKIE ERRORS

*RESULTS MAY VARY | †SOURCES: ENVIRONMENTAL SCIENCE & TECHNOLOGY; MEDICAL RESEARCH INSTITUTE IN WELLINGTON, NEW ZEALAND; UNIVERSITY OF LEEDS, DEPARTMENT OF TRADE AND INDUSTRY; UNIVERSITY OF FLORIDA | WORDS: ALEX HARRIS | PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS


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THE DEVIL'S ADVOCATE

LIFT LIGHTER FOR HEAVY RESULTS

Bro science is too often a load of hot air. Take it easy if you want to see a big hormonal hit



EASE UP ON THE REPS THEN WATCH YOUR ARMS BALLOON

Go hard or go home. It's one or the other. These are the binary options laid down by fitness boneheads who see 'gainz' as a direct result of effort. On a simplistic level this is true enough. Trouble is, effort in certain circles has come to mean self-flagellation rather than self-improvement. Sorry, but what happened to good old-fashioned try your best?

Stepping into your Nike MetCons and throwing heavy metal around has become akin to joining a cult. Just look at #FitFam or US bone-crunching export CrossFit. Zealots punish their bodies in search of a hormone spike to build biceps like boulders. Less rock solid, though, is the longevity of these pursuits [1]. What's more, the hormonal quest isn't quite as straightforward as all those Instagram muscle posterboys would have you believe.

> "When you load up the rack with 200kg, each rep *uses up* testosterone"

To chase a testosterone boost from exercise as if it's a video game power-up is to misunderstand the biochemistry at play. Next time you load up the squat rack with 200kg, consider this: each rep *uses up* testosterone. You're spending all that your old boys produce during the day. So what? Well, your body brings a base amount of T to the party. Factors such as sleep deprivation, stress, lack of exercise or *too much* exercise can cause your levels to dip [2]. When the hormone takes a severe enough tumble, your body switches to its back-up generator. This is adrenaline. You might be familiar with its effect. Ever trained in the evening and spent the first few hours of the night lying awake with your heart pumping harder than a pre-*Terminator* Arnie?



THIS MONTH'S DEVIL'S ADVOCATE
The founder of LiveFit training, James Hardy is a master-level PT with a deep understanding of how the body works. He can find your workout sweet spot

Perhaps you've taken on a fitness challenge only to find yourself totally sapped of energy? That's adrenaline overload for you. This hormone exists as a jolt to the system when your body is in peril. To court it daily is like pumping yourself with poison. With this level of under-recovery you will burn out. Perhaps not today. Perhaps not this year. But eventually injuries will pervade and your immunity will suffer.

So what options are left to gainers on a mission if going at the weights room like a jacked-up berserker is off the cards? While it may go against everything your shouty PT stands for, try slowing down. If you fear your gains will sap away, take last month's *MH* cover star as inspiration: Jason Statham now trains very much *to* his limits, rather than pushing past them. He's listening to his body, instead of battering it. And he doesn't look half bad for it, you'll agree.

He's not the only one. One-man action hero factory Patrick 'P-Nut' Monroe has produced some of Hollywood's best physiques. He eschews weights and doesn't push his A-list clients to failure [3]. His focus is on training fascia and muscle in a healthy, consistent manner, rather than hammering it into shape for get-me-ready-for-that-film-quick results. This allows your physique to develop without burning through testosterone. It's training safe and smart.

The message is clear: know your limits. However fit you think you might be, you're not a professional, you're a civilian. Hitting it hard then slogging in the office takes its toll. Testosterone regulates your health and mood, so man up and quit emasculating yourself in the squat rack. Go soft from time to time, or go home in an ambulance.

YOUR DEALS WITH THE DEVIL

1 KEEP ROLLIN'
High-intensity training takes its toll. Offset any harm with foam rolling, swimming and mobility drills, lest your path to fitness be cut short.

2 SUPP IT UP
Keep high levels of testosterone by eating lots of protein and fats along with zinc, vit D and magnesium supps. And take long naps.

3 TAKE TWO
Swap heavy weights for press-up variations, or work with a partner to create resistance, suggests P-Nut. Stop before you lose form.

WORDS: ALEX HARRIS | PHOTOGRAPHY: SUN LEE

A WORKOUT CURVE BALL

Growing up on an organic farm instilled an appreciation of good health that's shaped the model career of Yasmin Salmon. The key to her effective fitness regime is variety – catch her if you can

THE FITTEST WOMEN ON Instagram

From being a kid in rural Somerset to a modelling career in the capital, it's fitness that I credit with getting me here. I'm on board with the #fitnotskinny crew and while my job demands I stay lean, it's strength that keeps me going. To stay in shape I mix up Skinny Bitch Collective circuits with kickboxing and running. I'm half Brazilian, so good food from scratch is my nutritional MO, too. The workout to the right is a typical session for me. Give it a go. But warm-up first: it hurts.

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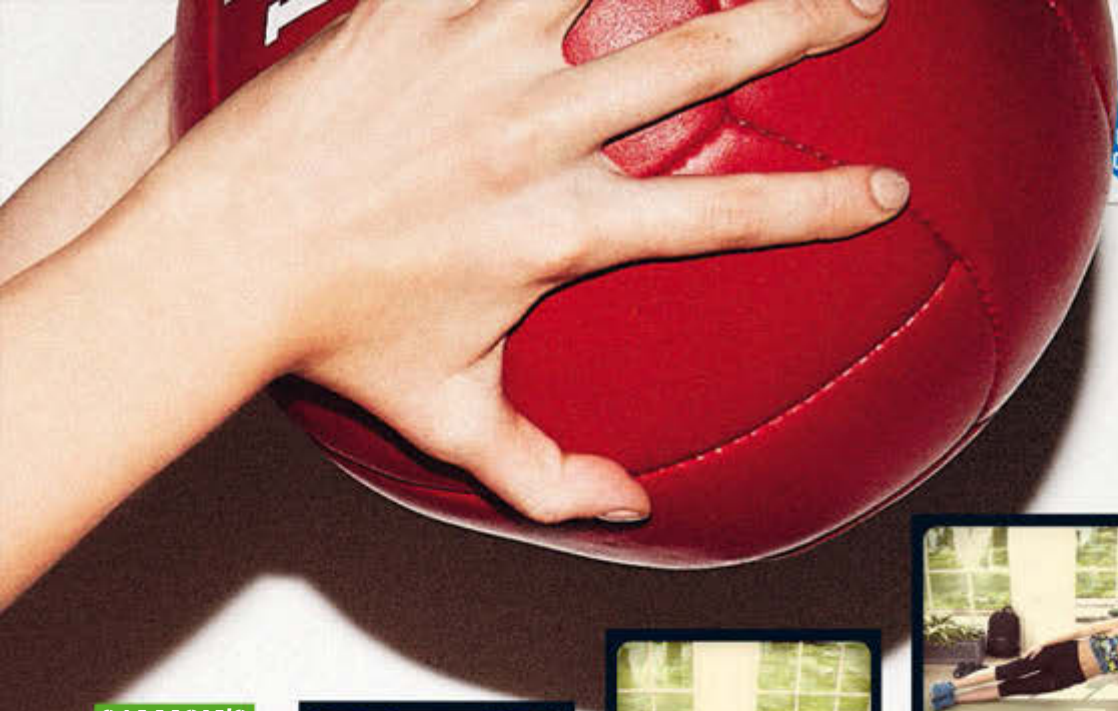
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SALMON'S TUNER

Yasmin's mini workout focuses on the lower body and abdominals to burn fat from your middle and add new muscle at the same time



01 WEIGHTED TWIST
3 SETS OF 10 REPS

Put this magazine down, clear a space and grab a dumbbell. Sit with your feet up, knees bent, and twist over your body with the weight, side-to-side. Tense your middle hard.



02 PLANK
3 SETS OF 60SEC

Drop the weight and kick your legs back into a plank position. Concentrate on sucking your midriff in tightly, tensing with each steady breath. This will burn. If it doesn't, tense harder.

03 SIDE PLANK
2 SETS OF 60SEC

After a minute breather, turn onto your side, feet stacked, resting on one forearm. From here, engage your obliques and raise your body off the floor. Again, keep those abs tensed throughout.



04 1-LEGGED SQUAT
3 SETS OF 15 REPS

Finally, to turn those legs to jelly: kick up your left leg and hold it with both hands. Engage your glutes and push your hips back and down, keeping your right knee solid. Power up, then grab a towel.



THE FINAL STRAW FOR TAP WATER?

From coconut to charcoal, maple to birch sap, modish alternatives to plain old H_2O promise health miracles. But are you prepared to swallow the ruse?



SUCK IT AND SEE TO DRINK IN THE DETAILS

COCONUT: THE NEW SPORTS AID

The marketing push behind coconut water has been so large it's easy to be cynical. Still, we reckon it's the best substitute out there. PTs and athletes swear by its ability to help your body recover after training (it's the electrolytes, you see) while others claim there's no better hangover cure. Just avoid added sugar.

💧💧💧

CAN MAPLE SAVE YOUR BACON?

It's sweet science that the syrup on your American breakfast can help offset the negative effects of bacon-based overindulgence. In its natural form maple syrup is a cancer-fighting, immune-boosting treat. However, when it comes to drinking maple water, most claims are a way off being confirmed.

💧💧

BIRCH OF A LEGEND

For hipster hydration points, birch sap makes maple look so 2014, packing potassium and nutrients with an almost non-existent sugar profile. Aficionados claim it to be the elixir of youth, too, as it boasts vitamins that lighten your skin. As for its dandruff-beating claims, we're taking it with a pinch of white flakes.

💧💧💧

UNEARTH TOXINS WITH CHARCOAL

If munching on barbecue fuel sounds like a bad idea, it's probably because it is. While aficionados tout charcoal water as a way to improve digestion and flush toxins, many claims do not hold water. In fact, charcoal has been found to cause intestinal blockages. Pore over the facts before purchasing.

💧

TAP INTO A CLASSIC

Some believe the fluoride in tap water is there to control our freakin' minds, man, but the truth is less conspiratorial. The minerals are chosen to ensure standard H_2O is clean, while providing some things lacking in our diets. What comes out of your tap is equal to any expensive bottle. Oh, and it's cheap. Tap that.

💧💧💧

WATER RATES

- 💧💧💧 DOWN IT
- 💧💧 TRY IT
- 💧 DODGE IT

PHOTOGRAPHY: JOBE LAWRENSON


LIFE IS A BEAUTIFUL SPORT
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YOUR FLAB REVERSING MEAL PLAN

Bro, your daily diet is the wrong way up. Turn the way you eat on its head to shift more weight faster

Hipster-haters, look away. When it comes to eating for weightloss, it pays to join the counterculture. Buying in to the time-honoured tradition of a small breakfast, medium lunch and large dinner is the equivalent of a Coldplay album: somehow comforting, but bound to end in tears. Recent studies suggest that you if you want to shift a few pounds, you'd do well to mix things up a bit and take in most of your calories first thing, tapering off through the day*. This better suits the way your body regulates the hormone insulin, a key determinant in how much of your food ends up being stored as body fat. Of course, time is precious at breakfast, so prep dinner in the evening as usual, then wait until the next morning to eat it. Try placing a candle on the breakfast table if it helps with association. Just lose the customary glass of red. Non-hipsters have to work, after all. And bosses don't like it.



EAT MORE, WEIGH LESS: A PARADOX WE CAN ALL TUCK IN TO

WEIGHTLOSS NEWSFEED 07.2015

THE NUMB3R

2.8%

The rise in body fat that correlates to each wakeful hour lost from average sleep duration. A heavy case for a lie-in, we think

University of Bristol

DRUGS TEST

TOP OF THE POPS

High-powered caffeine pills help speed up fat loss, but can also lead to energy plummets. We've found those offering the best balance, so the only thing that crashes is your waistline.



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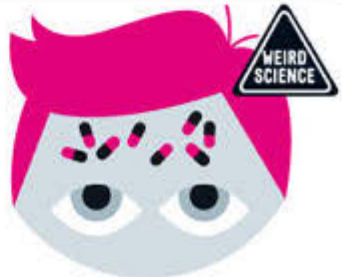
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TESTOSTERONE SUPPS CAN CAUSE 'SUPER-ACNE' – MUTANT SPOTS NEARLY IMPOSSIBLE TO WIPE OUT

Journal of Cosmetic Science

WORDS: ALEX HARRIS | PHOTOGRAPHY: JOBE LAWRENSON | ILLUSTRATION: ALCONIC AT SYNERGY ART | *JOURNAL OF OBESITY


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THE NEW FRAGRANCE

DOMINATE THE RUNWAY

Nike and Adidas don't hold the monopoly on performance wear. High-street brands now offer high-spec, affordable kit that goes as well as shows



STYLED WITH SUBSTANCE
MH's associate style editor Jamie Millar casts an eye on active attire that won't run a deficit

TREND SWEATING CATWALK ATHLETE

01 ANOTHER SOLE

While not packing the same tech you'd find in Nike Frees or Boosts, these H&M shoes are a viable choice for the man who wants to move from gym to bar seamlessly. Plus, they're a much cheaper alternative that still hold their own for sports – just not 10-mile trail runs, alas. They may not have the longevity when truly put through their paces but, nevertheless, are an *MH*-approved, affordable option.
Trainers £25 hm.com

02 THE COTTON PICK

What expensive sportswear does well is regulate your temperature while you work out. There's a plethora of technical fabric options that realise aforesaid requirement, but ultimately none are as effective as good cotton. That's something Uniqlo took on board in the design of this thin, comfy T, which works in the gym, on the road and everywhere else.
Supima Cotton T-shirt £9.90 uniqlo.com

03 SHORTER CIRCUITS

There's an alternative approach to scientists crafting shorts by weaving multiple layers of complex fabrics: just make them thin and make them strong. This is exactly what these shorts from Topman offer. They carry the design hallmarks of classic kit without being flashy either. As far as we're concerned, they do the job, and look the part.
Jersey Shorts £26 topman.com

THE SPOTLIGHT IS ON BUDGET KIT THAT STILL CUTS A DASH



04 MAN IN TIGHTS

We get it. Shorts, fine. T-shirts, OK. But base layers? Surely that's where you stick to the pro brands, right? Not necessarily. Of all the garments we tested, this offering was not only the best looking, but the most comfortable and durable too. The availability of the fabric required for close-fitting tights makes creating this type of kit considerably more practical now, which means cheaper layers for all.
Base Layer Tights
£15 hm.com

05 SLEEVE IT OUT

You'll feel all Rocky Balboa while floating like a butterfly in this hoodie. The arms are conspicuous by their absence; going sleeveless is a look H&M no doubt borrowed from the boxing- and MMA-training attire that's currently in vogue. Breathable, lightweight and well-stitched; in terms of performance fabric, the brand certainly isn't punching above its weight.
Sleeveless Hoodie
£15 hm.com

PUT THROUGH ITS PACES

Test your new kit against the best races happening this month

7 JUNE
Worcester 10K *Worcester*
This moderate 10K tests concentration as much as stamina: tree-lined paths and even the Royal Worcester Museum are distractions en route.

19 JUNE
Beacon Solstice *Leicestershire*
Five miles of trail won't be no thang when you feast on the views of Beacon Country Park. Wear more technical trainers here, as this is no flat-road terrain.

20 JUNE
Spartan Race *South Wales*
This tough race is good prep for *MH*'s Survival of the Fittest series in September and the adventure race season. Again, boot up properly.

28 JUNE
Greenwich Park 10K *London*
Test your mettle against Greenwich's grand park and architecture. Not that you'll have time to admire them: this is a flat 10K, so push to set a new time.

PHOTOGRAPHY: JULIAN BENJAMIN | MODEL: BEN GREGORY AT W ATHLETIC | GROOMING: SABINE CHAMMAS

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TIME

MAXIMISING LIFE'S GREATEST LUXURY

04

WEEKS TO PROTECT YOUR HEART AND DROP A JEANS SIZE



PUMP 'N' GRIND: BRING THE HEAT TO PEP UP YOUR HEART

The *MH* faithful will know that a twist of the pepper grinder does more than burn your throat. But a specific African pepper called melegueta has a more profound effect than lightly stoking your metabolism. Japan's Tenshi College found it breaks down adipose tissue: the stubborn visceral fat behind a bulging belly and, crucially, the stuff that gathers around internal organs such as the heart. This unseen fat build-up can lead to heart attacks and cardio disease. Without exercise, patients given the extract of melegueta, AKA Grains Of Paradise, over a four-week period saw a reduction in adipose fat, making it our new go-to condiment. But how to use it? Melegueta is less punchy than standard black pepper, offering a lingering warmth with a citrus aroma. Pick up a jar online (£4.50 souschef.co.uk) and grind over fish, chicken and herby salads to combat fat and ill health in one bite.

EVISCERATE FAT

Break down belly fat while crushing stress to boost



HAVE A SHARP TONGUE
Acetic acid in vinegar helps metabolise excess fat, curb hunger and stave off mood-wrecking blood sugar spikes.



BE AN EARLY RISER
Sleep the same hours nightly. Lie-ins mess with cortisol levels, the stress hormone that regulates fat-burning.



GET A GRIP
Cupping a warm mug inhibits your body's biological stress responses, while black tea slows the release of glucose.

WORDS: PAUL WILSON | PHOTOGRAPHY: GETTY | ILLUSTRATION: PETER CROWTHER AT DEBUT ART, ALCONIC AT SYNERGY ART


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01

MINUTE TO CLINCH A PERSONAL BEST AND AVOID INJURY

"Walk, don't run" might seem more like a reprimand to rowdy kids than a race tip for 10Kers, but research suggests it's a shortcut to faster times. Walking one minute for every 1.5 miles of road-running has been found to get you over the line in better physical condition and not a second later than you'd achieve by caning the whole distance. The report, in the *Journal of Science in Medicine and Sport*, revealed intermittent strolling reduces muscle stress, lessening complaints such as patellofemoral pain syndrome (runner's knee). Such a strategy allows you to run harder and faster when you pick up the pace, resulting in minutes off your PB. It's not just physical, either: regular breaks cause runners to mentally disassemble endurance feats into more achievable chunks. So don't opt for a tortoise or hare race plan – choose both.

WALK IT OFF

Running coach Christine Luff shares some mental pushes to get you over the half-marathon finish line



COUNT
Play games like counting the number of white hats being sported by fellow runners to distract from the strain.



PLAN
Envisioning a post-run pint waiting at the finish makes you think of an immediate reward and spurs you on.



REPEAT
Short mantras like "run fast, think speed" direct your mind toward positivity and away from physical stress.

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Why should you pay more for gluten free?

Nestlé Gluten Free Corn Flakes have removed the gluten…and the high cost that comes with gluten free products. What you get is all the deliciously crunchy taste of Corn Flakes and irresistible Honey Flakes you love. Don't just take our word for it, learn more at www.facebook.com/nestleglutenfreecereals

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ILLUSTRATION: PETER CROWTHER AT DEBUT ART | ADDITIONAL ILLUSTRATIONS: ALCONIC AT SYNERGY ART

24 HOURS TO DEVELOP REALLY AWESOME MENTAL HEALTH

Language snobs that we are, the word "awesome" as used to denote anything that's really-not-bad-at-all-actually is a red-card offence in the *MH* office. But awe in the truest, profound sense – well, that's a different matter. New research from the University of California suggests it can bolster defences against depression. The study showed that experiencing genuine awe lowers the level of cytokines in the body, proteins that go to war on your feelgood hormones. All very well, you might think, but what constitutes awe? For Wordsworth it was staring up at a Lake District crag. For neuropsychologist Paul Pearsall it's "a connection beyond the band of consciousness". So, let's just say it's something you don't get by watching Lionel Messi goals clips on YouTube, however spectacular. We've suggested some ways you can stoke the inspirational fires this month and legitimately feel awesome. But please, use wisely.

PERSPIRE TO INSPIRE

Ensure July is a positive month by getting your fill of wonderment with these awe-inspiring pursuits



LONDON TO BRIGHTON NIGHT RIDE, 11-12 JULY
Watch the sunrise over the South Downs in a peloton of thousands. (bhf.org.uk)



WINDERMERE WILD SWIMMING WEEKEND, 17-19 JULY
Dive in the UK's largest natural pool and help cut cholesterol too. (headtothehills.co.uk)



WHALE WATCHING OFF NW SCOTLAND, ALL MONTH
Sail from Gairloch to see minke and maybe Orca. (hebridean-whale-cruises.co.uk)



Our hotel is the perfect place to launch your story. From a warm, chocolate chip cookie welcome to kind, thoughtful service, a holiday with us is unlike any other.

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MOJITO, MO' MUSCLE MASS – WHEN MIXED WITH FRIENDS

PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS | ILLUSTRATION: PETER CROWTHER AT DEBUT ART AND ALCONIC AT SYNERGY ART

20 SECS TO STAY YOUNG AND PRESERVE YOUR MUSCLE MASS

While we like to think of ourselves as early tech adopters here at *MH*, it would seem that, on one account at least, it's the older generations who are ahead of the curve. So listen up, son, you might just learn something. Get off that bleedin' social media thing you're glued to and start living in the real world. Why? Because physical interaction edges you one step closer to reversing age-related muscle degeneration: the kind of damage once considered irreversible. Seeing friends who you trust boosts levels of the mood-enhancing hormone oxytocin, which researchers from the University of California have found is a key ingredient in keeping the body young. Sex is most commonly associated with oxytocin release, of course, but we're not suggesting you make a pass at every associate. Instead, a hearty, platonic hug is enough to give you an age-defying dose, as long as it lasts for at least 20 seconds. Just make sure you don't get caught looking at your watch over her shoulder.

THE PURSUIT OF HAPPINESS

Get your oxytocin hit and simultaneously increase your muscle gains with these surprising tactics



RUB UP THE RIGHT WAY
Book a Swedish massage – a study* found that you can increase oxytocin levels while enjoying active recovery.



SHAKE IT OFF
Shake hands by putting one over the other, and hold eye contact. Strong connections boost the happy hormone.



WATCH OUT
An emotional movie surges oxytocin up to 47%, says economic psychologist Paul Zak. Dig out *Lone Survivor*.

*UNIVERSITY OF CALIFORNIA SAN DIEGO MEDICAL CENTER



EXCLUSIVE AND IN FULL COLOUR

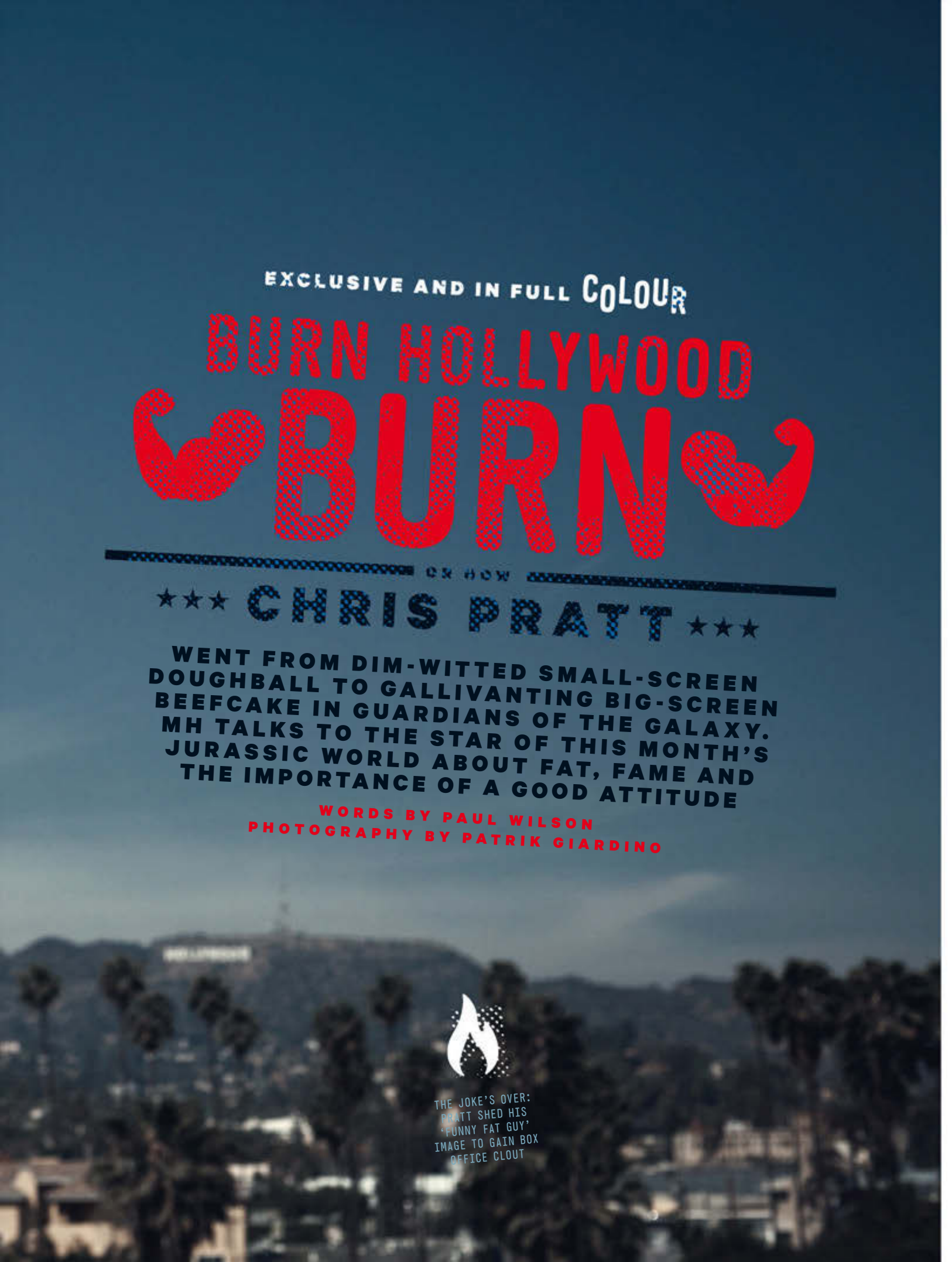
BURN HOLLYWOOD BURN

OR HOW

★★★ CHRIS PRATT ★★★

WENT FROM DIM-WITTED SMALL-SCREEN DOUGHBALL TO GALLIVANTING BIG-SCREEN BEEFCAKE IN GUARDIANS OF THE GALAXY. MH TALKS TO THE STAR OF THIS MONTH'S JURASSIC WORLD ABOUT FAT, FAME AND THE IMPORTANCE OF A GOOD ATTITUDE

WORDS BY PAUL WILSON
PHOTOGRAPHY BY PATRIK GIARDINO



THE JOKE'S OVER: PRATT SHED HIS 'FUNNY FAT GUY' IMAGE TO GAIN BOX OFFICE CLOUT

t's Saturday afternoon on Sunset Boulevard and Chris Pratt is singing country songs while doing one-legged press-ups in the long shadow of the Hollywood sign. The songs are playing from his iPhone through the photo studio stereo, and the one-leggers are part of a swift pumper-upper – 20 on the left leg, 20 right, then 10 regular two-legged, holding the last one in a plank for 20 seconds – that comes quarter of an hour into his *Men's Health* cover shoot.

Pratt has entertained himself and those around him for pretty much every one of those first 15 minutes, and will maintain that record for the next couple of hours, until the last camera flash.

A police siren sounds nearby and he tells his publicist that her ride is here. He sits on a stool, shifts from cheek to cheek with a grimace, says that his butt implants are working out for him. Between jokes, the vocals, word perfect, to tracks by modern country music stars such as Keith Urban and George Strait. A photographer's assistant switches on a fan: "This is the secret of a good crying scene," he says. "Turn your eyes into the wind and don't blink." He pulls up his right trouser leg to show the scar he got from an ambitious, failed box jump. At the end, he goes to everyone in the room, shakes their hand, says thank you.

PARTS IN RECREATION

Pratt has reasons to be cheerful. As recently as two years ago he was little more than a hilarious slob in cult US sitcom *Parks and Recreation*, who you probably wouldn't have recognised, thinned down and ripped, in supporting roles in the films *Moneyball* (2011) and *Zero Dark Thirty* (2012). Then he played the lead role in the third-biggest film of 2014 at the global box office, *Guardians of the Galaxy*. (You wouldn't have seen him in the lead of the 17th film on that list: he voiced Emmet in *The Lego Movie*.)

This month, just as he turns 36, he's top of the bill alongside genetically enhanced dinosaurs in *Jurassic World*. And while that is doubtless doing a roaring trade, he'll be busy filming a remake of *The Magnificent Seven* with Denzel Washington and Ethan Hawke.

This rapid rise has come in tandem with rapid loss – and gain again, and loss again – of bodyweight. Cast as simpleton boyfriend Andy Dwyer in the first episode of *Parks and Recreation*, shot in early 2009, Pratt's comic timing impressed the show's makers who extended his guest part into a show regular. That was good and bad news.

"I saw myself in an episode," says Pratt, "and in the matter of two moments very close together, I thought, 'Oh my God, I'm getting fat.' And then almost immediately I did something else and I thought, 'Holy crap, I've never seen myself funnier.' And I put the two together.



LIGHT, STAMINA, ACTION

OVER THE PAST SIX YEARS, PRATT'S WEIGHT HAS FLUCTUATED MORE FREQUENTLY THAN THE UKIP LINE ON IMMIGRATION



PARKS AND RECREATION

(2009)

Pratt claims that the fateful combination of marrying a feeder and believing that being fatter made him funnier was key to him going from trim athlete to gluttonous slob. There are two immediate lessons you can learn here.



DELIVERY MAN

(2013)

Our ripped cover star bulked out to a lifetime high (low?) of 133.8kg in this comedy vehicle with Vince Vaughn. This time he claimed that 12kg was sympathy weight for his pregnant wife. More like he was carrying 'food baby' twins.



GUARDIANS OF THE GALAXY

(2014)

Barely recognising himself on screen as a fit and convincing Navy Seal in *Zero Dark Thirty* made Pratt realise it was time to give up the fat-suit fancy dress for good. With less beer and more 'swelfies', Pratt's career skyrocketed.

"I had been in good shape physically, more similar to how I am now, for years. But I put weight on because I'd fallen in love with a woman [actress Anna Faris, whom he met in 2007 and married in 2009], who loved to feed her man. We were drinking a lot of wine and having fun. I was her little Hansel out in the woods and she was fattening me up to put me in the fire. It was like Momma Bear and Papa Bear. She would eat a little bit, I would eat all of mine and the rest of hers.

CAMEO ROLLS

"It had happened to me before. My weight had fluctuated and I had got on top of it by getting back in the gym. But then I said to the creators [of *Parks and Recreation*] that I wanted to get fatter for the role, to put on 30lb [13.6kg]. They loved it. I announced it to the whole cast, and then it became a bit of a game: how fat can I get and how fast. I would eat three or four cheeseburgers at every table read [of a script]. I would eat whatever I wanted from the craft service. I became really fat and got up to almost 300lb."

Pratt is 6ft 3in tall and says he has "always been a bigger dude. I probably should be around 250lb [113.4kg]." But while indulging his inner fat guy may have been good for his career, it was the opposite for his wellbeing, both physically and mentally. "I was impotent, fatigued, emotionally depressed," he says today. "I had real health issues that were affecting me in a major way. It's bad for your heart, your skin, your system, your spirit."

One thing that cheered him up at the time was reading the script for *Moneyball*. He wanted to play one of the supposedly no-good baseball players singled out for better things by manager Billy Beane, as portrayed by Brad Pitt,

"THE RESPONSE TO MY MONEYBALL AUDITION WAS 'BRAD PITT REALLY LIKES YOU BUT YOU'RE TOO FAT'"



HIS TIME TO SHINE: *GUARDIANS* GROSSED A GALACTIC $774 MILLION WORLDWIDE



ROAR TALENT: PRATT LEADS THE PACK IN JURASSIC WORLD, OUT 11 JUNE

and his unorthodox stat-based analysis. The sticking point was fitting into a pair of those pale baseball trousers.

"I got an audition through straight-up hardcore lobbying. But the response was: 'Brad Pitt really liked you but you are too fat.' I was like: 'All right, I can lose it, I can lose it.' I called up once a week. I sent selfies to my agent. 'I'm gonna get there. Did they cast it yet?' I probably lost about 35lb in six weeks. All running; straight-up road work. I ran five or six miles a day. I ate leafy green salads and protein shakes, that was it. I didn't know about healthy eating then. I cut out all alcohol. Trim, trim, trim. Finally I sent them a photo and it was, 'Hey, they want to see you again.' Yes!"

Pratt's hard work paid off twice over, after director Kathryn Bigelow saw *Moneyball* and earmarked him to play a Navy Seal in her hunt-for-Osama movie, *Zero Dark Thirty*. Cue another drop in weight, this time abetted by newfound nutritional nous, and Seal training to go with more running and weights.

"I saw myself in *Zero Dark Thirty*," Pratt recalls, "and I thought: 'That dude's badass. That guy will kill me.' I played a character who is tougher than me and made it believable. I didn't think about it that way when I was playing it. I was able to evaluate myself – not just from my experience of seeing it, but from what I heard from other people who had seen the movie. No one called bullshit. Even my Seal friends said I did all right. So I thought, 'Wow, I need to re-evaluate my career.'

HEAVY WEIGHT WISDOM

PRATT'S RISE FROM ZERO TO HERO HAS TAUGHT HIM A FEW LESSONS

ON HIS CAREER

"On a scale of 1 to 10, I kind of hit 10 when I stopped having to serve people food, so I've been riding 10 ever since."

ON SELF-DOUBT

"Figure out whether or not you believe in yourself, and if you don't, find a way to. Because even more than you want it, you must believe it."

ON FRIENDSHIP

"I was an athlete growing up. I miss hanging out with dudes and making raunchy jokes and telling stories."

ON TRUE LOVE

"I married way out of my pay grade. I have no idea how that happened."

FAT'S ALL FOLKS

"I'd gone back and forth, lost weight for *Moneyball*, got fat again, then trimmed down for *Zero Dark Thirty*, then gained it all back again for Andy. Then I did this Vince Vaughn movie *Delivery Man* [2013] and got to my fattest: 295lb [133.8kg]. That's when I saw *Zero Dark Thirty* and right after walking out I was like: 'I'm going to get in shape and I'm never going to be fat again.'"

That meant no more bulking out for *Parks and Recreation*. In the show's season six premiere, broadcast in September 2013, Pratt's Andy simply told another character he had lost 50lb by giving up beer for a week. It was a good joke, made extra-funny by the fact that two months earlier, Pratt had posted a picture of himself on Instagram, top off, in fine shape, with the caption: "Six months no beer. #GOTG Kinda douchey to post this but my brother made me."

GOTG, as the nerds knew and we all



GROOMING: BRIDGET BRAGER AT THE WALL GROUP | STYLING: ANNIE PSALTIRAS AT THE WALL GROUP | WITH THANKS TO SIREN STUDIOS | ARMY GREEN CREW NECK T-SHIRT KELLY COLE VINTAGE, JEANS CITIZENS OF HUMANITY, BOOTS KELLY COLE VINTAGE | ADDITIONAL QUOTES FROM THE ELLEN GENERES SHOW, BUSTLE.COM, REDDIT, OUTDOOR LIFE


"IT BECAME A GAME: HOW FAT COULD I GET AND HOW FAST? I WOULD EAT FOUR BURGERS AT EVERY READ"
PRATT'S BURNER: TURN OVER FOR THE WORKOUT THAT HELPED CHRIS MAKE THE CUT

know now, is *Guardians of the Galaxy*, a huge critical and commercial success, exceeding expectations on both fronts. As a result, business is booming for Pratt. And knowing full well that changing his physical life around is key to his success, he keeps his oar in, too. A few weeks after spending time with *MH*, Pratt completed his first half-Ironman, in 7:04:56. "My goal," he'd said with characteristic modesty, "is to finish."

By his standards, that might have seemed an easy target. But hard work, and keeping up the hard work, is never simple. Pratt seems to cope in two ways. One is weighing up the hard yards versus rewards. After his cover shoot, there is a small reward of a couple of drinks: a straight rye whiskey then a tequila cocktail, over two hours at Hollywood's Chateau Marmont hotel.

"When I was fat and unhappy, the only moments of respite I got were when I was eating," he says. "I felt great shovelling food down my neck and totally negative in-between. Now mealtimes are sometimes lame, because that's the way it can be when you're eating healthily. But all the time between meals, I feel great.

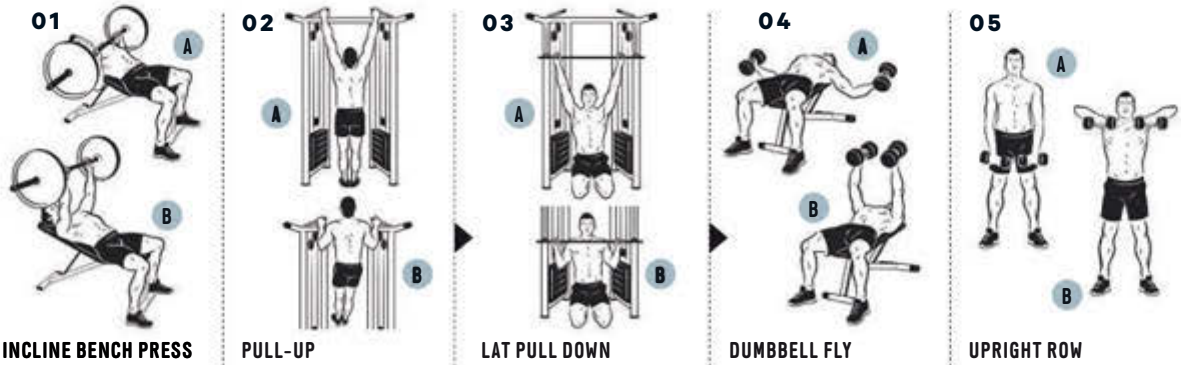
"It's going to take a measure of control now because tomorrow I'm going to have to not drink bourbon. But I am somebody who can do that. This isn't going to spiral me off into some drunken binge," he says,



FUNNY BONES: PRATT LOST HIS BELLY – BUT KEPT THE LAUGHS

WORKOUT ONE THE BUILD UP

WITH HIS PT, EX-SEAL DUFFY GAVER, PRATT ADDED SIZE THE OLD-FASHIONED BODYBUILDING WAY



01 INCLINE BENCH PRESS
3 SETS OF 8 REPS
Get a spotter to help you hold the bar; grip it just past shoulder-width. Squeeze your shoulder blades as you lower (A), then drive your heels through the floor as you press the barbell up (B).

02 PULL-UP
3 SETS OF 8-10 REPS
Grab the handles of the pull-up station, arms fully extended (A). Pull your shoulder blades down while driving your elbows down to bring your chin above the bar (B). Lower under control.

03 LAT PULL DOWN
4 SETS OF 10 REPS
Grab the bar (A) and pull down to your chest (B). Avoid leaning back or using momentum. It helps to imagine you're pulling your chest to the bar. Then return slowly to the start position.

04 DUMBBELL FLY
4 SETS OF 8-10 REPS
Back on the bench. Hold dumbbells out to your sides with palms facing up, elbows bent (A). Arc them up until they're above your chest (B), then lower until you feel a stretch in your chest.

05 UPRIGHT ROW
3 SETS OF 12 REPS
Stand with a dumbbell resting in front of each thigh (A). Pull them up until they're in line with your collarbones with elbows pointing toward the ceiling (B). Lower the weights and repeat.

GREY V-NECK T-SHIRT ALTERNATIVE APPAREL, JEANS HUDSON, BOOTS FRYE, NECKLACE KELLY COLE VINTAGE | ADDITIONAL IMAGES: GETTY AND REX FEATURES | ILLUSTRATIONS: BEN MOUNSEY

WIN! £15,000 OF HOME GYM EQUIPMENT

Five Reebok packages to be won, worth £3000 each

This month Men's Health has teamed up with Reebok to offer you the chance to win some of the finest home cardio gym equipment around. Boost your workouts and your fat-burning with this cardio combo and save cash on trips to the gym!

01



S1 Indoor Bike

The S1 Bike features a substantial 14kg flywheel, providing the rider with a much smoother ride compared to standard exercise bikes. 32 levels of electronically controlled resistance also provide that extra challenge. The new and innovative self-powered generator system means that you can take your workout anywhere without the need to worry about a power source. Work out muscles in your leg, core, back and upper body for a genuine cycling exercise to maximise your fat burning potential.

02



Titanium TT3.0 Treadmill

The Titanium 3.0 treadmill offers design and power. Underneath the sleek exterior sits a powerful 3.0HP motor to provide you with speeds of up to 20kph. Tailor your workout with the 16 levels of incline or one of the 17 console programs all easily controlled through the integrated i-Drive control system – putting you in control. A cooling fan, Bluetooth connectivity, MP3 input with speakers and stylish LCD display ensures the Titanium 3.0 treadmill offers a superior and natural running experience.

03



ZR Rower

Designed for fitness, the Reebok ZR Rower will make sure you build and tone muscles through a low impact cardio workout. A 6.5kg flywheel and 1.23m rail provides a smooth, efficient motion for your workout. All easily controlled through the LCD display, the 12 pre-set programs, heart rate control, race mode and a manual program make the ZR Rower a highly versatile piece of equipment for a total cardio workout.

How To Enter To be in with a chance of winning simply go to

menshealth.co.uk/wincardiokit

and follow the entry instructions.

TERMS & CONDITIONS:
OPEN TO UK RESIDENTS AGED 18 AND OVER. TO ENTER VISIT MENSHEALTH.CO.UK/WINCARDIOKIT. THIS COMPETITION OPENS ON 1 JUNE 2015 AND CLOSES AT MIDNIGHT ON 31 JULY 2015. ANSWERS RECEIVED AFTER THE CLOSING DATE WILL NOT BE CONSIDERED. THE PRIZE IS A REEBOK CARDIO PACKAGING COMPRISING AN S1 INDOOR BIKE, ZR ROWER AND TITANIUMTT3.0 TREADMILL. THERE ARE 5 PACKAGES TO BE WON. THE WINNER WILL BE RANDOMLY SELECTED FROM THE ENTRIES RECEIVED [OR ENTER HOW THEY WILL BE SELECTED]. HEARST RESERVES THE RIGHT TO AMEND THE TERMS AND CONDITIONS FOR THIS COMPETITION AT ANY TIME WITHOUT NOTICE. SEE WEBSITE FOR FULL TERMS AND CONDITIONS HTTP://WWW.HEARST.CO.UK/MAGAZINES/TERMS-AND-CONDITIONS.HTML

Men's Health

Reebok



PARK YOUR RECREATION: LOW-REST WORKOUTS HELPED PRATT DROP SERIOUS WEIGHT

raising his rye and looking at the glass: "To do this you just have to exercise some self-control."

His other coping method is his attitude to everything, which can be best summed up as 'positive without being overzealous'. It's in evidence throughout the entire time spent with *MH*, and it's backed up by pretty much anything anyone has written or said about him. Put simply, he's great to be around – a quality that seemingly comes naturally to him. But crucially, he says, it's his decision to be that way.

"Your attitude is a choice. Real fun – there's no choice in that. But at other times, when it feels like it's down to you whether or not you enjoy yourself? I'm lucky in that it's easier for me to get a kick at work than it is for a lot of people. Even so, it's important to me to behave like that. It's how I was raised. Are you going to leave people feeling good? It's about understanding that your attitude is contagious and asking yourself if it's worth catching."

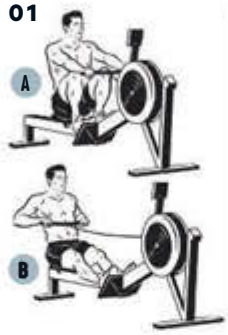
He says he learned this as a 19-year-old, drifting between jobs: no grand plans, no years of college to look forward to, just trying to do the best he could. When a door-to-door salesman job didn't work out, he joined a schoolfriend on Maui in Hawaii and worked as a waiter at the Bubba Gump Shrimp Co. Eating there one day was the actress Rae Dawn Chong, best known to readers of this magazine as Cindy in the Arnie classic *Commando*.

Impressed by the attitude of the man serving her *Forrest Gump*-themed delicacies, she offered him a part in a short film she was making. In Hollywood. Then came two years as a struggling actor in LA, then the dozen-year climb to the top of his profession. The rest you know. It couldn't have happened to a nicer bloke.

WORKOUT TWO
METABOLIC CONDITIONING

PRATT LEANED DOWN BY DOING THIS CIRCUIT AS MANY AS 10 TIMES, WITH MINIMAL REST

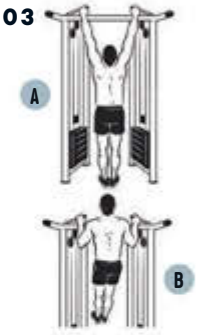
01



MACHINE ROW
250M

All aboard! Flex forward at the hips to grab the handle, shoulders down. Initiate the drive with your legs (A) then pull the handle when your body is straight (B). Let it retract, then repeat.

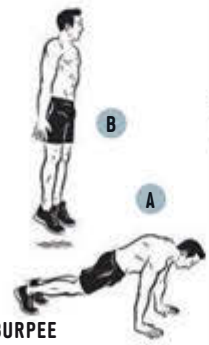
03



PULL-UP
6 REPS

To stop the burpees' bouncy momentum, let yourself hang from the bar to start (A). Bring your chin above the bar by driving your elbows toward the floor (B), keeping it controlled.

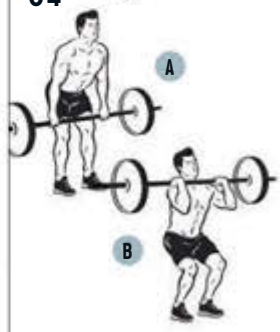
02



BURPEE
10 REPS

Squat down, place your hands on the floor and kick your feet back into a press-up position (A). As soon as your feet land kick them back in, then jump 6in off the floor (B). Land and immediately drop into the next rep.

04



HANG POWER CLEAN
8 REPS

Start with an overhand grip, bar at your knees (A). Pull it up explosively as you would on a power clean then dip under the bar, catching it on your chest in a slight squat (B). Only 9 more rounds to go. Keep pushing.

Microsoft

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Now includes one year of Office 365 Personal for your PC & tablet.

Microsoft Lumia 640

Together with O2

Apps from Windows Phone store. Internet connection required. Office 365 Personal subscription for one year available upon purchase of Microsoft Lumia 640 and 640XL, between 1st April and 30th June 2015 while supplies last. Must be redeemed by 14th August 2015. See Microsoft.com/phone for complete details.



KIA

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EURO NCAP ★★★★★

iF DESIGN AWARD 2015

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THE LAB

PUTTING HEALTH UNDER THE MICROSCOPE

Men'sHealth

EDITED BY CARLENE THOMAS-BAILEY

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THE PERFECT 10

BEACH READY MEALS TO GO

A HOT SUMMER BODY DEMANDS A COOL DIET. SHUN THE OVEN FOR A SUN-SPIKED WORKOUT MEAL THAT'S ON YOUR PLATE IN SECONDS

PHOTOGRAPHY: LOUISA PARRY | FOOD STYLIST: NATALIE THOMSON | SWIM SHORTS VILEBREQUIN

When you're busy working overtime to transform your torso for summer, you need fresh, tasty post-gym meals that go from fridge to fork fast. But tiresome bowls of kale are best left to Lululemon-clad ladies who lunge. Instead, we gave our star chef Florence Knight a list of 10 foods proven to lift energy, repair muscles and blast fat, then challenged her to transform them into light summer dishes that are easy to prep and packed with flavour. Enjoy this al fresco supper and you'll hit your morning session with gusto.

EXPERT PROFILE



NAME
FLORENCE KNIGHT

JOB
CHEF & AUTHOR

Knight is head chef at London's Polpetto and the author of *One: A Cook and Her Cupboard*. She creates restaurant-class recipes you can rustle up in your kitchen, minimal craftsmanship required.

BEACH BODY READY MEALS

YOUR SUMMER WORKOUT HOT LIST



01 SPRING ONIONS

Scallion bulbs are a bright idea for your body; they contain allicin, which aids muscle repair and increases antioxidant activity, *Phytotherapy Research* reports.



02 FENNEL

Ditch the bananas. This herb provides potassium aplenty. One bulb has 27% of your RDA, helping fight gas and curb hunger. You'll be all bulk and no bloat.



03 ROCKET

Packed full of nitrate, these greens boost your blood flow and oxygen supply, so you can make better use of your gym time. Your muscle gains are sure to rocket.



04 AVOCADO

The flesh is full of vitamin B6, which reduces fatigue and helps your body turn carbs into energy. Pick up a pear and power through pre-holiday workouts.



05 MINT

Working for six-pack definition stresses your abs, which can lead to spasms and knots. Mint works as a natural muscle relaxant. Leaf the pain out of training.



06 CHILLI

Beat infections with beta-carotene. Chilli ups your dose of multiple vitamins to keep germs at bay – useful if the guy on the bike before you didn't wipe it down.



07 TUNA

This meaty fish is heart-healthy. It's rich in potassium but sodium-poor, curbing your risk of high BP. It also reduces water retention. Your abs have nowhere to hide.



08 CUCUMBER

As one of the few foods that contains silica, cucumber improves calcium assimilation to boost bone density and strength, keeping you in the running.



09 RED ONION

It's a top source of anti-inflammatory quercetin, a flavonoid that increases your nitric oxide, for better stamina, says the *American Journal of Clinical Nutrition*.



10 LEMON

This sharp finisher is packed with vit C – an ally for energising iron. It enhances the mineral's absorption, squeezing more from the rocket and tuna: a perfect pairing.

SWIM SHORTS ORLEBAR BROWN



01
STAMINA-BUILDING SALAD
FENNEL, CUCUMBER & MINT STARTER

For the record, salads are not boring and they are certainly not rabbit food. At least, not when done right. There's not an iceberg lettuce leaf in sight here – just maximum fresh flavour.

A/ Keep things smooth by opting for the nearly seedless English cucumber. Slice it thinly along with the fennel, using a mandolin or sharp knife.

B/ Next up, cut the spring onions lengthways, keeping all of the white parts and most of the green. Soak them in a bowl of ice water for a few minutes; it helps to mellow the flavour.

C/ Combine the cucumber, fennel and onions with torn mint leaves in a large bowl. This core-carving combination provides vital micronutrients, while repairing the muscles you just trained. Grate the lemon zest over the bowl and season to taste with the oil, lemon juice, salt and pepper. Serve up this low-calorie starter in under 10 minutes – leaving you plenty of time to plan tomorrow's set.

SERVES TWO
- A cucumber
- A fennel bulb
- Spring onions, 3
- Fresh mint leaves, handful
- A lemon
- Extra-virgin olive oil, glug
- Salt and pepper to taste



02
LIMA MUSCLE FUEL
LIME-MARINATED TUNA CEVICHE WITH AVOCADO & CHILLI

This traditional Peruvian street food dish may be small but it packs a punch. The protein-rich tuna increases your fat-burning potential while its zesty marinade tastes like liquid sunshine.

A/ Ask your fishmonger for sashimi-quality tuna steak, rather than grabbing something pre-packed off the shelf. Start by peeling and slicing the red onion, slicing the avocado, then zesting and juicing the limes. Deseed and finely chop the fiery chilli.

B/ Slice the tuna into fine strips, place it in a bowl and set aside. Soak your red onion slices in some cold water to mellow the taste, as before.

C/ In a separate bowl, whisk together the zest, juice, sesame oil, diced chilli and oil. "Pour the dressing over your tuna and gently mix – as soon as the acid from citrus fruit hits the tuna it will begin to 'cook' it so you only need to mix lightly," says Knight.

D/ Now drain the onion slices and throw them into a large bowl. Tip in the tuna strips, along with all of the dressing, and top with the sliced avocado and rocket leaves. Devour immediately; pan frying not required, pan pipes entirely optional.

SERVES TWO
- Tuna steak, 200g
- Small red onion, ½
- Limes, 2
- A ripe avocado
- A fresh red chilli
- Sesame oil, 2tsp
- Extra-virgin olive oil
- Salt to taste



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WAGE WAR ON POLLEN

DON'T LET YOUR SUMMER BE RUINED BY ALLERGIES. LAUNCH A COUNTERATTACK ON HAYFEVER

01\ AIRBORNE INVADERS

It's nature's cruel joke: from May to July, when we're all eager to soak up the first rays of sun, grass pollen counts reach a peak. Anything above 50 pollen grains/m^3 air is considered high. Get intel on the enemy by downloading A Vogel's pollen forecast app (free, iTunes) to keep track of the count five days ahead. You can schedule your pub garden sessions accordingly.

02\ RELOAD YOUR AMMO

At the first sign of pollen, your body starts producing antibodies. This releases inflammatory histamine, which causes blood vessels in your nose to swell, with symptoms lasting up to 12hr. A fluticasone nasal spray will combat inflammation, while antihistamines soothe itchy eyes. Forget brand loyalty: switch pills every two years or risk becoming immune.

03\ RUN FOR COVER

Sufferers shouldn't feel confined to the treadmill – just avoid running early in the morning or late evening. The pollen count spikes before 10am and again after sunset. Arm yourself with a teaspoon of local honey† before you head out – its trace amount of pollen is said to desensitise your body in the same way that a vaccine would. Go on, you'll bee fine.

04\ BACK-UP STRATEGY

Hayfever symptoms improve with age, but in the meantime you can focus on lifestyle triggers. Stress exacerbates its effects, found Ohio State University. Unwind by doing 'back bend' yoga moves (NB not in grassy fields, ideally) such as the bridge pose. Lie with your arms on the floor and knees bent, then lift your hips. It'll open up your chest and lungs, reducing flare-ups.

05\ TARGET INFILTRATORS

As soon as you get in, throw your clothes in the wash. When you take your kit out, don't dry it outside as this will only transfer pollen into your home when you bring it inside. Finally, ensure you're covered from rest to rise by washing your body and hair before you go to bed. This way pollen won't transfer to your pillow. Consider yourself free to breathe another day.



ILLUSTRATION: PETER GRUNDY| †VISIT BBKA.ORG.UK TO FIND A LOCAL PROVIDER | WORDS: SARA TOWNSEND | THANKS TO DR ADRIAN MORRIS, CONSULTANT IN GENERAL MEDICINE SPECIALISING IN ALLERGIES

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THE FIRST WORLD PROBLEM

THE PLAGUE OF THE AGE ISN'T FAMINE BUT EXCESS – MEN ARE SLEEPWALKING INTO DIABETES. THIS IS AN ALARM CALL



x2
Men aged 35 to 44 are twice as likely as women to have type 2 diabetes*

PICK WISELY, OR RISK A MIXED BAG FOR YOUR HEALTH

Diabetes, specifically the type 2 variety, is a thoroughly modern epidemic, a pestilence of plenty stalking the consumers of the developed world, spreading through our overpiled shopping baskets and plates, and taking root in our thickening waistlines. You'll easily spot type 2 in the eldritch peloton of the Riders of the Apocalypse: he's the fat lad at the back.

I use the male third person here not out of default sexism, but rather because men are biologically more susceptible to the disease. Perhaps because our fat tends to gather around the middle, whereas women have theirs distributed more evenly around the body, men will develop the disease with a lower body mass index (BMI).

Yet our knowledge of diabetes, and what causes it, sucks. Conduct an unscientific poll by asking your friends about it, and you'll probably get a response like "It's to do with sugar isn't it?" As if dodging banoffee pie is going to make them bulletproof.

I can give you a handful of hard stats which chart the creeping spread of the disease in the UK, but it's a speculative one that sticks out for me. There are 3.2 million people diagnosed, but a further 630,000 people are estimated to be walking around with the disease unawares. "Initially type 2 diabetes doesn't make you feel much different," says Libby Dowling, clinical adviser at Diabetes UK. "People have been known to live with it for up to 10 years before it is detected."



MH's deputy editor Mike Shallcross examines your biggest health threats before they catch you

NAME TYPE 2 DIABETES
RANKING The fifth most common cause of death globally
THE MH PRESCRIPTION
Use diet and exercise to maintain a healthy weight/ blood sugar level

INTERNAL AFFAIRS

Is this a problem, if it's not visibly affecting your health? Yes, it's a huge one. Over time, diabetes can progressively degrade the function of some of your major organs, even if it is being treated. Unchecked, it could wreak havoc. In a typically whip-smart and provocative article, hospital doctor and writer Max Pemberton recently argued he'd rather be diagnosed HIV positive than diabetic. In the case of the former, advances in antiretroviral drugs have made the effective death sentence of the '80s and the '90s a manageable condition. The virus has not been routed, but it has been stalled.

In contrast, diabetes is still advancing. "The risk of stroke in newly treated type 2 diabetics is more than double that of the general population," writes Pemberton. "People living with diabetes are four times more likely to have cardiovascular disease; in 20-30% of people with diabetes there's damage to the kidney filtering system, leading to kidney failure and the need for dialysis. Damage to the delicate vessels in the eyes is a leading cause of blindness, and damage to nerves is

TYPE 2 DIABETES: THE STATS

24,000
Number of annual deaths in England from diabetes-related causes

£1.5m
Cost per hour to the NHS of treating diabetes: 10% of its total budget

5m
The number of people in the UK estimated to have diabetes by 2025

*STUDIES FROM DIABETES.ORG.UK

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BARE FACTS: LOSE YOUR WILLPOWER AND YOU RISK LIFE AND LIMB

100
The number of diabetes-related limb amputations in the UK each week*

a leading cause of foot wounds and ulcers, which lead to foot and leg amputations."

In contrast to the portentous public health messages that once accompanied the dawn of HIV, like a John Hurt-voiced Götterdämmerung for the permissive society, diabetes has risen without trace. It's become so commonplace that it's almost tempting to see it as a part of ageing. "Because it affects a lot of people, it's not taken as seriously as it could be," Dowling says. "Not just by patients but also the people who look after them."

But Pemberton set out the grim realities starkly. For patients living in the developed world, access to the latest therapies means "HIV now no longer reduces your life expectancy, while type 2 diabetes typically reduces it by 10 years."

> "In slow motion we're dying of ignorance. Or, more worryingly, of complacency"

In a slow-motion plague, we're dying of ignorance. Or, perhaps more worryingly, complacency.

Diabetes, if you're a man at least, breaks down into two discrete forms. There's little you can do about type 1, as it's an autoimmune disease that generally develops in childhood. Here the pancreas stops producing the insulin necessary to process blood sugar for energy. As a result the body will turn to other sources of energy such as fat cells, potentially flooding the body with toxins.

However, 90% of cases are type 2, AKA adult-onset diabetes. Here the pancreas is still making some insulin, just not enough or of sufficient quality. As a result, blood high in glucose rushes through the body, damaging both major blood vessels such as the ones that connect with the heart and smaller ones that lead to the kidneys and the eyes. "It roughens the inside of them, causing clots, and thus damaging internal organs," says Dowling.

YOUR SUGAR FIX

So how do you dodge it? There are three primary risk factors: age (your risk increases past 40, or 25 if you're of South Asian origin), family history, and weight. The first two you can't do much about, but you can put that pie down. "Being overweight starts to make the body much more resistant to insulin," says Dowling. "We don't know why, but the result is that the pancreas will start to flood the body with insulin until it gives up producing any more." At this point you'll need to start injecting insulin, but catch the disease early enough and you can control it with exercise and a healthy diet, rather than medication.

A cure for diabetes remains elusive, but Diabetes UK is cautiously optimistic about research into low-calorie diets. Volunteers who have stuck to a 600 calories a day diet for eight weeks have seen their blood glucose levels drop below the diabetic range. It's a very difficult, and arguably unhealthy, regime to follow outside of a clinical trial. But it does open up a path to future discoveries. "Type 2 seems to go into remission – it's too early to say it's been cured," says Dowling. "But it's very exciting research and we've extended our support for it until 2018."

In the meantime, your best defence against diabetes remains... well, probably this magazine. Exercise, eat properly and keep the spare tyre at bay. Simple steps, but essential to dodge the needle and the damage done.

THE REAL DEAL: UNSWEETENED

Take this quiz to see if you're in danger from the silent epidemic

Which of the following is a sign of diabetes?
a) Tiredness
b) Excessive urination
c) Thirst
All three. "Also look out for things like blurred vision and cuts taking a long time to heal. They can be quite small things, but they're not necessarily just signs of ageing," says Dowling.



True or false? Fans of pick and mix are more vulnerable to type 2 diabetes...
False. "Fat and sugar are both high in calories but eating a lot of sugar in itself isn't proven to give you diabetes," says Dowling. "Keeping to a healthy weight is the important thing."

What waist size puts you in danger of diabetes?
a) 34in
b) 37in
c) 39in
B. But don't be complacent if you fit into 36in jeans. Unless you wear them at Simon Cowell height, your actual waist size will be bigger than you think. Measure around your belly button – not hips, says Dowling. Prepare for an unpleasant surprise...

PHOTOGRAPHY: DAVID SYKES | ILLUSTRATION: ALCONIC AT SYNERGY ART

TESTED BY EXPERTS

SMASH HITTERS

THE NEWEST RACKETS TO HIT THE COURT ARE LIGHTER, STRONGER AND MORE AERODYNAMIC. WILL THEY LIFT YOUR ACE GAME?



For those looking to emulate the cross-court dominance of Novak Djokovic, it's going to take more than a new Uniqlo top. Developed by aerospace engineers, the latest rackets are built from carbon-fibre composites. This means light frames and heavier weighting in the head for fast topspin swings and a powerful backhand that will see your opponent scowl like a certain intense Scot. Improved synthetic strings mimic the natural gut material top-tier players favour. In fact, half the racket's performance is in the strings, so as you progress, ditch the JD Sports' variety and get the full whack from a pro restringing service (decathlon.co.uk).

MH partnered with Martin Weston, national coach for British tennis, to test the latest models on the interactive PlaySight Smart Court at London's historic Queen's Club. Here, six cameras recorded the shots, and a frame-by-frame 3D playback provided a biomechanical analysis of each stroke.

As Wimbledon fever starts to grip the nation, grab whichever of these *MH*-approved steeds plays to your strengths (or weaknesses) and start burning off those strawberries and cream.

01

THE ALL-ROUNDER

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DEVELOP SIGNATURE STYLE

If you're a beginner who's wary of heavy frames, you'll enjoy that this feels soft yet solid. Its flexibility also means you really feel the shot. For intermediate hitters, it's even better with power behind it. The closest thing to one-size-fits-all.

OUR EXPERTS SAY

"It was easy to generate topspin for groundstrokes and it doesn't vibrate as the ball hits. Big servers might crave more weight behind their shot, however."

THE LAB STATS

- Fit/comfort
- Value for money
- Performance
- Serve

02

THE FIRST STEPPER

FEDERER TEAM 105

£40 WILSON.COM

KICKSTART YOUR GAME

A lightweight frame and large head size provide a solid platform for power, making it easier for less experienced players to hit hard but controlled groundstrokes. Multiple Grand-Slam champs have to start somewhere.

OUR EXPERTS SAY

"Intermediate to advanced players will notice the lack of momentum. But it's a great-value starter model and looser strings reduce the risk of tennis elbow."

THE LAB STATS

- Fit/comfort
- Value for money
- Performance
- Serve

WORDS: ANGELA EVANS | PHOTOGRAPHY: MITCH PAYNE



TAKE ADVANTAGE WITH A GRAND SLAMMER

03

THE BIG HITTER

GRAPHENE RADICAL MP

£185 HEAD.COM

BE IN CONTROL

This is a howitzer of a racket with a weighty head. If you're a regular who has mastered a precise shot, this will deliver on power. Perfect for channelling Andy Murray's quick baseline game and raising your ranking this summer.

OUR EXPERTS SAY

"The concentration of mains [strings parallel to the long axis] in the centre of the racket is the standout element. A small sweet spot, but very sweet indeed."

THE LAB STATS

- Fit/comfort
- Value for money
- Performance
- Serve

04

THE EQUALISER

T-FLASH 300

£165 TECHNIFIBRE.COM

HIT HARD AND FAST

No one likes a show-off and if your tennis partner is a 'heavy hitter', this racket is your perfect ally. The shaft design and silicone fibre in the handle offer more shock absorption, allowing you to push back with speed.

OUR EXPERTS SAY

"It's very playable but unforgiving of off-centre hits, so if you're trying to nail accuracy then this will highlight your errors. In hand, it feels well balanced."

THE LAB STATS

- Fit/comfort
- Value for money
- Performance
- Serve

05

THE ATTACKER

BABOLAT PURE STRIKE 16/19

£135 BABOLAT.CO.UK

FEED THE BALL

The brand of choice for Señor Nadal, whose game relies on topspin and mobility, as well as dynamic fist pumping. This is the perfect model if, like him, you like being on the offensive and running to the line early in order to redirect play.

OUR EXPERTS SAY

"A heavier head and stable body make spins easier. Decent players without arm injuries will appreciate the stiff string, but beginners might find it too much."

THE LAB STATS

- Fit/comfort
- Value for money
- Performance
- Serve

GET A SMARTER COACH

Grab a little help from the world of tech to give your game an edge

HOLD YOUR SERVE

Supercharge your bat with Zepp's handle-mounted sensor (£130 zepp.com/tennis). It sends data direct to your smartphone, so you can analyse your power and number of hits, giving you the game advantage.

ADD SOME TOP SPIN

Available for Wimbledon 2016, Ralph Lauren's Polo Tech Shirt (ralphlauren.co.uk) tracks heart rate, movement and calorie burn, and made its bow at the US Open last year. Don this in order to win the wild-card entry to Wimbledon.

WATCHING LIKE A HAWK-EYE

Viewing the playback from this high-tech court can help you correct your swing. Play at The Queen's Club (membership needed) or Stoke Park, Bucks (£12 per game). The Andrew Castle commentary isn't thrown in, sadly.

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WATCH YOUR MOUTH

IS TOOTHPASTE MARKETING ANYTHING BUT A LOAD OF HOGWASH? MH HELPS YOU BRUSH UP ON THE SCIENCE

We'd wager your last tube of toothpaste was selected for its price and packaging rather than contents. Words such as "Ultra-white enamel protect!" gleam on the box, but what ingredients are used to deliver on these promises? With so many brands competing for your cash – some using chemicals with unproven benefits – *MH* looks beyond the spiel to find out if you're being rinsed.

01 BE SENSITIVE

Unless you have sensitive teeth, the only ingredient you need is fluoride. According to the British Dental Health Foundation, your toothpaste should pack 1350-1500 parts per million to shield enamel against plaque and acid. If sensitivity is the issue, the desensitising agent strontium chloride will help, blocking pain like a mini Pacquiao. You want to smile, not grimace.

02 THE WHITE CHOICE

Whitening brands talk a good game. In reality, the *British Dental Journal* reports, most pastes fall short on chemical stain removal. At most they lift surface stains, but they can't change the base colour – you need heavy artillery and a dentist for that. Head to the kitchen instead; rinsing your mouth with bicarbonate of soda post-cafetiere helps to temper discolouration.

03 FIND FRESH EVIDENCE

If your breath has made colleagues wince, you might have tried out an anti-odour paste containing antibacterial triclosan. But the jury's still out on it; in one study it led to a 22% reduction in gingivitis, but "evidence for it being beneficial in gum disease is unclear," says Professor Ian Needleman*. The smell can often be traced to bacteria on your tongue – give it a scrub.

04 CLEAN BILL OF HEALTH

Toothpaste foams because of the sodium lauryl sulphate (SLS) in most varieties. This works like soapsuds to wash off mealtime debris. But it has also been linked to mouth ulcers for those who suffer from sensitive gums. If this sounds familiar, opt for an SLS-free version (Sensodyne Gel £3.50 tesco.com) to keep your kisser in peak condition for more palatable activities.

05 LOST IN THE WASH

That gritty quality in pastes is courtesy of hydrated silica, an abrasive used to combat tartar. Beware brands that promise to eliminate "tough stains" as they often contain belt sander-strength grit that can harm enamel. Our final word: spit, don't rinse. If you wash off the fluoride, many of its benefits are lost. The drop in your dental bills will give you something to smile about.

*PROFESSOR OF RESTORATIVE DENTISTRY AT UCL | PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS | RETOUCHING: ANTHONY HAMMOND AT PRE MEDIA | PROP DESIGN: LOU BLACKSHAW

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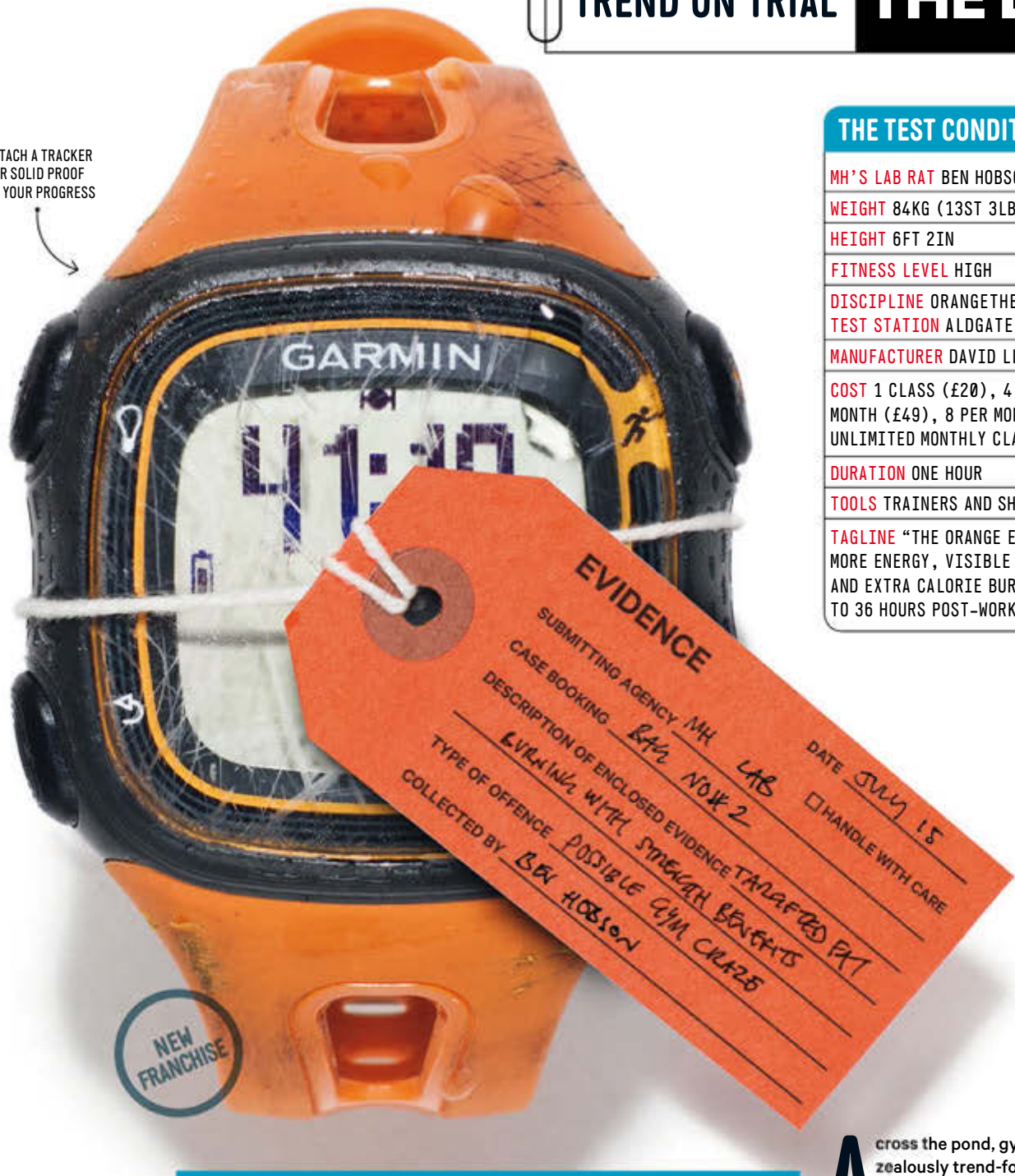


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THE TEST CONDITIONS

MH'S LAB RAT	BEN HOBSON
WEIGHT	84KG (13ST 3LB)
HEIGHT	6FT 2IN
FITNESS LEVEL	HIGH
DISCIPLINE	ORANGETHEORY
TEST STATION	ALDGATE STUDIO
MANUFACTURER	DAVID LLOYD
COST	1 CLASS (£20), 4 CLASSES PER MONTH (£49), 8 PER MONTH (£85) OR UNLIMITED MONTHLY CLASSES (£99)
DURATION	ONE HOUR
TOOLS	TRAINERS AND SHORTS
TAGLINE	"THE ORANGE EFFECT: MORE ENERGY, VISIBLE TONING AND EXTRA CALORIE BURN FOR UP TO 36 HOURS POST-WORKOUT"

PUT THEORY INTO PRACTICE

IN OUR MONTHLY ASSESSMENT OF THE LATEST FITNESS TRENDS, WE INVESTIGATE WHETHER 'ORANGETHEORY' HOLDS UP UNDER SCRUTINY

Across the pond, gym culture is zealously trend-focused, and the UK tends to follow suit. Hot on the heels of CrossFit and Broga comes Orangetheory: a heart-rate based HIIT workout from Florida. Now available at David Lloyd gyms, the class centres on a circuit comprising three stations: treadmills, rowers and weight-training blocks. The name refers to the heart-rate zone you're targeting. Go above orange and you'll burn out; stay under it and you aren't pushing hard enough. Get it right, however, and you'll torch up to 1000 calories an hour. High afterburn is also promised, with extra calories culled long after your session. We sent our man to test their theories.

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April 2015

THE JURY'S IN: ORANGETHEORY IS A CALORIE-KILLER



THE EXPERIENCE

In a dim room, to a soundtrack of treadmill techno, I'm handed a heart-rate monitor. I've read about this class and – excuse the gym bro parlance – am confident I'll smash it. I cycle, lift weights at lunch and fit in weekend 10Ks. I am pumped.

I am wrong. The class is divided into zones. I start on the treadmill, moving from power walking to hill sprints. We're told to up our speed and incline until our HR monitors show we've hit the orange zone. Perhaps as punishment for my cockiness, I push too hard too soon and feel queasy as a result. The back wall has screens displaying our individual bpm and current percentage of max heart rate, coded green, orange for our target zone (84-91%) or red for overexertion.

Next it's on to the resistance station. Grabbing dumbbells, I do pistol squats, dips and TRX lunges. The final, darstardly station is a 300m row. I'm fatiguing but the instructor, James, shouts "Empty the tank!", so I give him his dues. (James also runs around high-fiving us, which is a bit too American for my reserved taste.)

At the end of the circuit I've spent 25min in the green zone and 10min in orange (the optimum is 12-20). The guy next to me has spent an unhealthy amount of time in the red, poor bastard. The 'afterburn' is no marketing bumph, either, and I feel it in my legs and glutes as I walk home. It hurts – in a good way.

USER FEEDBACK

The instructors are attentive, but busy fast-paced classes mean they can't push everyone. You will need to self-motivate.

Classes provide cardio for fat burning, while also building strength. You can replicate them at home with runs and weights.

Orangetheory is only available in certain David Lloyd branches. Non-members can buy bundles if you want to try out the class.

THE VERDICT

This US import feels less like a fad than its bros. The Orangetheory methodology is backed by science, and for the hour it lasts you can expect to work a lot harder than in most studio gym classes (I burned 715 calories in my session.)

Real-time feedback from the HR monitors encourages you to push yourself and helps you locate your threshold, which is useful if you can't normally 'feel it'. However, it's not an appropriate pre-holiday class for novices; you will sweat *a lot*, and seeing yourself struggle on screen as well as in the mirror could prove discouraging rather than motivating. There's little in the way of rest between stations and you need the strength to handle a TRX rig as well as the stamina for treadmill intervals.

If you're up to the challenge then you're guaranteed to work hard and fast for a full hour with no breaks. At £20, a single class may seem like a hefty expense but you get what you pay for and bundles work out at a reasonable £10.60 a session. This is a comprehensive, high-end workout, which delivers more than just theoretical results.

YOUR CLASS PRIMER

GET IN THE ZONE – AND STAY THERE

Use this mini-circuit to build endurance and give yourself the green light for Orangetheory



PISTOL SQUAT 10 REPS

This move is a test of balance; less speed, more haste is key. Start with feet together, then lift one leg and stretch it out in front of you (**A**). Push hips back to sink into a squat (**B**).



TUCK JUMP 10 REPS

Engage your core and legs with this dynamic move. With feet shoulder-width (**A**), jump and pull your knees in to your chest (**B**). Land lightly; repeat. Unleash your inner kid.



HILL SPRINT 10 REPS

Go straight into these from the jumps, using a tough incline setting, if not actual hills. Stand straight, don't lean forward, and go all-out for 10 x 30sec bursts.

AT A GLANCE

PRICED BELOW £25	✔
OFFERED NATIONWIDE	✘
CALORIE BURN	✔
TECHNIQUE ADVICE	✔
ACCESS TO OTHER FACILITIES	✔
GYM EQUIPMENT PROVIDED	✔
FOR ALL LEVELS OF FITNESS	✘
NO MEMBERSHIP REQUIRED	✔
MOTIVATING MUSIC	✔
FREE LOCKERS	✘

SCORE

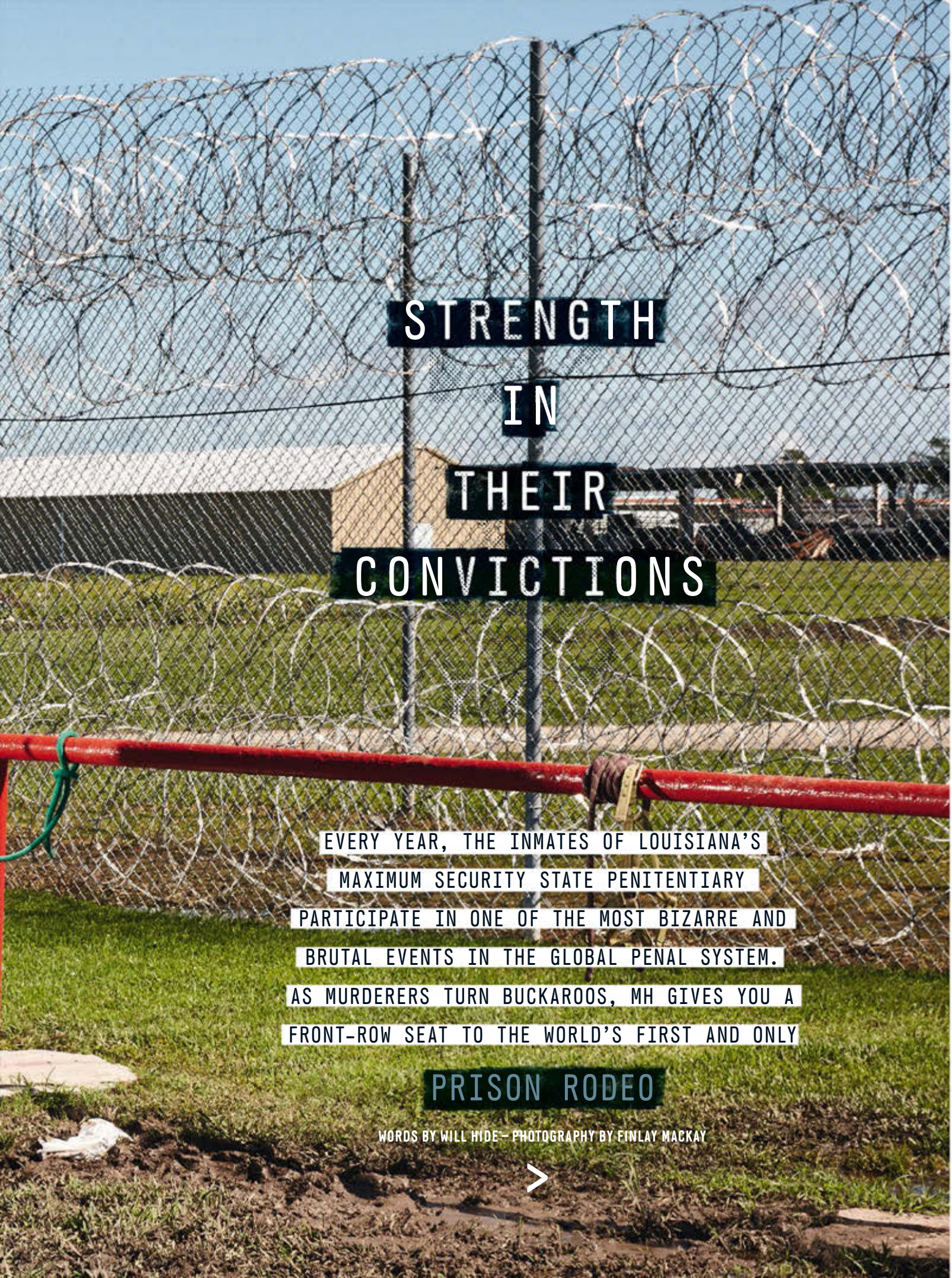
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MH APPROVED

TEST IT FOR YOURSELF

PHOTOGRAPHY: ROWAN FEE | WATCH GARMIN FORERUNNER 10 GARMIN.COM/UK/FORERUNNER10 | WORKOUT PHOTOGRAPHY: ADRIAN WEINBRECHT AND HEARST STUDIOS





STRENGTH IN THEIR CONVICTIONS

EVERY YEAR, THE INMATES OF LOUISIANA'S MAXIMUM SECURITY STATE PENITENTIARY PARTICIPATE IN ONE OF THE MOST BIZARRE AND BRUTAL EVENTS IN THE GLOBAL PENAL SYSTEM. AS MURDERERS TURN BUCKAROOS, MH GIVES YOU A FRONT-ROW SEAT TO THE WORLD'S FIRST AND ONLY

PRISON RODEO

WORDS BY WILL HIDE– PHOTOGRAPHY BY FINLAY MACKAY

>

01



NAKEITH SPARKMAN IS SOFTLY SPOKEN.

With his languid New Orleans drawl that flows as unhurriedly as cane syrup on a cool Louisiana morning, it's hard to make out his words. His eyes dart to the ground and back. He swipes away a fly but he looks directly at me when I ask him why he's here, and his voice finds strength. "I killed a man."

'Here' is 18,000 acres of lush grassland nicknamed The Farm, surrounded by a tall, electrified fence. Also known as Angola or the Louisiana State Penitentiary, it's a two-and-a-half-hour drive north of New Orleans, on the banks of the Mississippi River. It's the largest maximum-security jail in America, with 6300 inmates, more than 70% of whom are incarcerated for life. Eighty-three are on death row; the rest have little to look forward to. In Louisiana there is no parole for first- or second-degree murder. Sparkman, 29, will never leave.

02



Considering he is standing just feet away from 800kg of very angry bull – hardly surprising given the rope tied chafingly close to its testicles – Sparkman has an aura of zen-like calm. Just moments from now, inmate and bovine will meet in front of 10,000 baying, cheering spectators. The Angola Prison Rodeo, 'The Wildest Show in the South', is about to kick off.

Twice a year, in April and October, the penitentiary throws open its gates (in a one-way direction) and welcomes 10,000 members of the public who pay $15 a head for a carnival where the prisoners are the stars. For the latter it's a chance to win respect and bragging rights. Some 160 men put themselves forward and 60 are chosen, partly on their behaviour record.

But none have any experience of bronco or bull riding. They prepare as best they can with strength work, but they have zero training for the task at hand. Still, there is an incentive: "You can win up to $500," says Sparkman. "I can spend it at the prison store on clothes or food, or send it home to my family in New Orleans."

It's also about money for the penitentiary. The rodeo started in 1965 as a diversion for the inmates, something to break the brutal monotony of the day-to-day regime. (In the '70s, at least 40 men a year died from convict-on-convict violence.) Now it brings in $500,000 for each day it's on. There have been other prison rodeos – in Texas and Oklahoma – but today, Angola is the last of its kind. >

03





01\ BENCHMARK FOR BEHAVIOUR
Lower-risk offenders are allowed to watch from the stands as a reward for good conduct

02\ FALL GUY
'Bullfighter' Hunter Allen diverts bulls when participants are thrown off or trip in the ring

03\ CON ARTISTS
Various inmate bands perform over the course of the two-day carnival

04\ RESTRAINT OF TRADE
Higher-risk convicts sell goods from behind a fence at the craft fair, watched over by prison guards



05



Jarringly, mere feet away from where some of the most dangerous convicts in the Southern United States are readying themselves for their moment in the sun, a family-friendly fair is in full swing. There are bands, carousels, kids' climbing walls, candyfloss, vats of boiling crayfish, crackling pigs' tails, alligator bites and deep-fried Coke – mini cola-flavoured doughnuts with squirty cream and a cherry on top. There are craft stalls too, hundreds of them, with goods made by the inmates: $200 for a painting, $75 for a rocking chair, $25 for a birdhouse made out of an old boot and $20 for an alligator belt. 'Angola: A Gated Community' T-shirts are top sellers. Prisoners keep the money, but pay tax.

The craft fair is a pleasant diversion but people are here for the rodeo, and by 2pm the stands are full. Everyone rises for the national anthem sung by Wayne Guidry Jr, a lifer who murdered his lover and buried her in a wood 12 years ago. There are prayers too. Heads bow, the crowd falls silent and hands are joined as the Almighty is asked to watch over those attending and taking part. God and Jesus are never far away in this corner of the land of the free and the home of the brave.

Over two hours, 12 events roll out, all with evocative names such as Bust Out, Bareback Riding, Bull-Dogging and Wild Cow Milking. Playful, folksy monikers for what ultimately amounts to seeing grown men get trampled by ferocious bulls.



06

In the human holding pen, inmates put on helmets, back guards and boots. Miraculously, there have been no deaths at the rodeo in its 51-year history. Nevertheless, an ambulance is on standby; broken bones are a certainty, as are gashes through the cheeks and other fleshy parts of the jailhouse cowboys.

There's an air of calm in the pen, despite the hum of the crowd and *Sweet Home Alabama* booming from the tannoy. Nerves? The prisoners do a good job of hiding them, although if you look closely, the beads of sweat collecting on furrowed brows tell a different story. Surviving last year's rodeo is as close as any of them have come to preparing for this one.

I'm not judging them. I am petrified just being near the sinewy bulls who, trapped in their pens, glare wide-eyed and snort terror through their nostrils. Nor do I feel sympathetic, as a convict who I know to have battered a teenager to death before burying the body prepares to clamber on to the back of one of these beasts.

Another one of the riders, who doesn't give his name, chews on a toothpick and tells me he's here because he shot dead >

07



08







09

05\ A BIG SHOW
Some 10,000 visitors a day come to the prison to watch the rodeo, from as nearby as Mississippi and far afield as New York

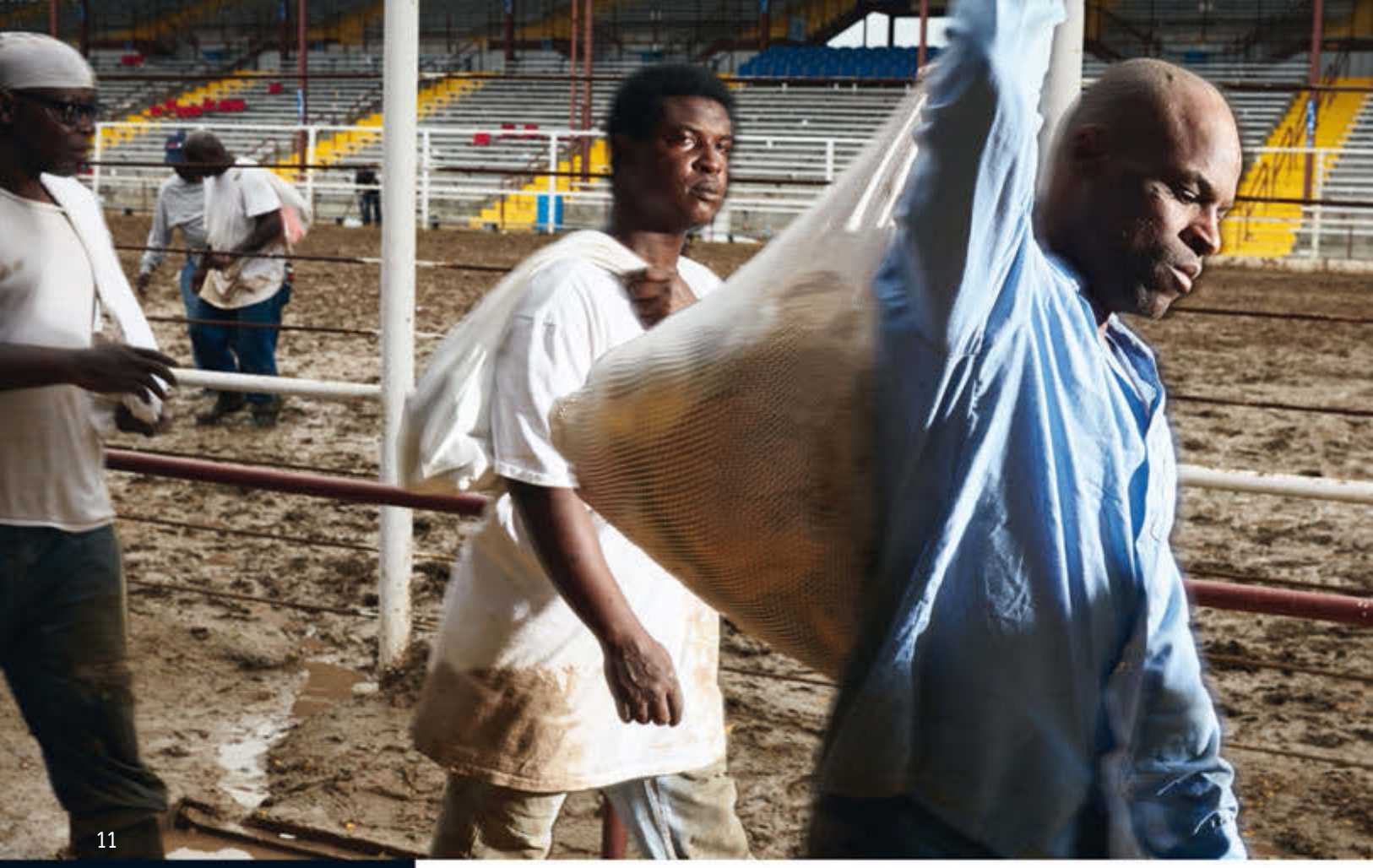
06\ NO EVIL?
Entertainer Tim Lepard "had a dream" to own a monkey. Now he has three

07\ SWUNG LOW
In the Chariot Race, men are dragged by a horse as they try not to spill water

08\ ON THE HOOF
There have been hundreds of broken bones and wounds from horns in the rodeo's history – but no deaths

09\ LOAD OF BULL
Bull-Dogging is a race to wrestle a 230kg calf to the ground. Time to beat: 2sec





11



12

10\ BRACED
Travis Johnson, eventual runner-up in the All-Around Cowboy competition, prepares for his turn on a bucking bronco

11\ BUCK STOPS HERE
At the end of the day, convicts are escorted back to their cells by armed guards

12\ PLACE YOUR PETS
Monkey racing is part of the half-time entertainment laid on for the crowds

two drug dealers. "I feel sorry every day for what I did," he says quietly. "If I could undo it all, I would. I feel bad for their families and for my family. I've been in here for 15 years and I'll be here till I die."

Today offers a welcome distraction. He's up next for Prisoner Pinball: eight contestants stand perfectly still in hula hoops laid out on the mud, and a bull is released. The last man still standing in his hoop wins. The bull bucks wildly and brushes past several men, who quickly run away; then it pauses, turns, lowers its head and accelerates at full pelt toward one man, catching him with its horns square in the backside and tossing him 20ft through the air. There's a collective gasp from the crowd as he thuds, before dragging himself up and limping to safety.

You want to look away. But you don't. There's something perversely gladiatorial about all this. You won't find many liberals in this crowd: more than one bumper sticker in the car park depicts a picture of a gun and the words 'I don't call 911'. There's a clear sense among the spectators that a horn through the thigh is the least most of the participants deserve.

The main and final event, in which all contestants take part, is called Guts and Glory. A poker chip is tied between a bull's horns and the $500 prize goes to whoever can snatch it off first. Which means running toward, not from, a charging bull and trying to pluck a small piece of plastic from between two horns aimed squarely at you. Pamplona looks rather pathetic in comparison.

Several prisoners are trampled under hoof and a man flies though the air as cries of "Oh my God!" and "Oooh!" sound behind me. Then, in an instant, the beast pauses and one of the prisoners lunges, grabs and holds up the prized chip.

The crowds pack up and drift away. I chat to Erika and Henry Rose from New York as they head to their hire car. "Ancient Rome must have looked something like that, but with fewer tattoos," says Erika. "We were curious when we heard about it. Some of the events today were pretty brutal, but you could argue it's hard to feel sorry for these guys after what they've done. Having said that, some of our friends are disgusted we're even here. There's definitely a city-country divide, or maybe it's a North-South thing."

I don't catch up with Nakeith Sparkman again, although I see him limping slightly and covered in mud, being escorted back to the cells with the other inmates. Back to what passes for normality on The Farm. Which isn't very normal at all.

EVERYTHING BUT BBQ

A GUIDE TO COOKING OUTDOORS FOR THE HEALTH-CONSCIOUS CHEF

YOUR DEFAULT MEAT-AND-FLAME COMBO COMES WITH CARCINOGENIC RISKS THAT GUESTS WON'T THANK YOU FOR. LEAVE THE COVER ON THE GRILL AND PREPARE A HEALTHIER, TASTIER BACK-GARDEN BANQUET

WORDS BY TED LANE PHOTOGRAPHY BY DAN MATTHEWS
ILLUSTRATIONS BY BEN MOUNSEY





BASTE WITH A ROSEMARY BRANCH. THE HERB BOOSTS MEMORY, WHICH IS HANDY ONCE THE WINE STARTS FLOWING

SPIN CHICKEN

FOR PERFECT POULTRY, BUILD YOUR OWN BACKYARD ROTISSERIE WITH CHEF ROSS CLARKE†

YOU WILL NEED
(SERVES 4)

- CLEAN OIL BARREL
- BREEZE BLOCKS
- BRICKS
- METAL SPIT
- FIREWOOD
- WHOLE CHICKEN
- BUTTER, 250G
- MUSTARD KETCHUP, 2TBSP
- SWEET POTATOES, 4 MEDIUM
- ROSEMARY, BRANCH

METHOD

Don't balk at the need for a barrel; spend a fiver on eBay and you're set. Cut it in half lengthways to make a tray. Stack breeze blocks at either end and flatten the curved barrel edge with a hammer.

Rest it on your bricks to stop the hot barrel scorching your lawn **(1)**. Lay your logs in the barrel, light and let them burn down to embers. Avoid charcoal – the smoke packs the same carcinogens as you find in cigarettes. Using wood will stub out the risk.

Skewer the chicken **(2)** and lay across the top. Turn every few minutes for 90 minutes. Rather busy yourself with the merlot? Buy a motorised kit (£40 internetgardener.co.uk).

For the baste, mix molten butter with mustard ketchup; apply to the meat as you turn. To finish, bury your spuds in the embers **(3)**. Remove when soft, peel off the skins and stir in the baste for luxuriant mash.

(1)



(2)



(3)



†MICHELIN-TRAINED CHEF AND RESTAURANT CONSULTANT

SOUTH AMERICAN SHOW STOPPER

CRUCIFY HUNGER BY COOKING ON AN ARGENTINE IRON CROSS, SAYS FOOD WRITER TIM HAYWARD †

METHOD

Binding a whole pig to a metal crucifix sounds ritualistic, but splaying out your meat over a fire cooks it evenly, and is the source of perfect pulled pork.

Strap two stainless steel poles together with cord to create a crucifix **(1)**. Build a large fire (stack logs to knee height), then let it burn down until glowing. Tie the pig's trotters to the crossbar and secure its belly to the shaft. Place it, ribs-down, at a 30-degree angle over the embers for five hours **(2)**; flip it over for a final hour. Slow-cooking softens the toughest cuts.

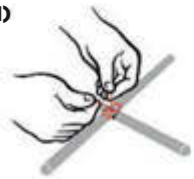
Use a probe thermometer (£10 argos.co.uk) to check it; aim for 65°C **(3)**. "At 63°C you've killed bacteria but at 75°C you've killed the pork," warns Hayward. Now start pulling away the melt-in-the-mouth meat – remember there's enough to share.

YOU WILL NEED

(SERVES 20)

- STAINLESS STEEL POLES, 2
- METAL CORD
- A WHOLE PIG, BUTCHERED
- A LARGE GARDEN

(1)



(2)



(3)



PIG OUT AND STILL LOSE WEIGHT. PORK HAS 60 FEWER KCALS PER SERVE THAN STANDARD BEEF BURGERS

APPLY A DRY RUB OF PAPRIKA AND FENUGREEK TO RAISE METABOLISM AND CALM POST-PIG HEARTBURN

ONE POT WONDER

TURN YOUR CAMPFIRE INTO AN OUTDOOR STOVE WITH CLARKE'S SIMPLE SWEDISH TORCH

METHOD

A stewpot, logs and a handful of healthy ingredients – this rudimentary method is Scandi simplicity at its best. Plus, heating meat in a pot cuts the cancer risks linked to flame-cooking. Grab a few timbers left over from your winter log burner (or £5 from B&Q), upend them and cut halfway down to create eight united segments. Stuff the gaps with newspaper, light and let it catch **(1)**.

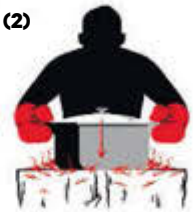
Once the wood is glowing, place a heavy-based pan on top; keep a few pre-prepped logs to one side. Each one should last 30 minutes **(2)**.

Add oil to the pan, throw in the steak – trimmings pack less fat and more flavour than mince – before adding your spices. Add onions, garlic, tomatoes, beans and scotch bonnet sauce **(3)**. Simmer for an hour, stirring occasionally. Keep the sour cream handy – that sauce has a kick.

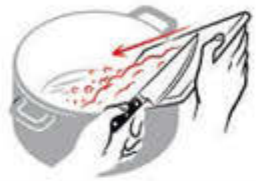
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(3)



YOU WILL NEED

(SERVES 8)

- BIG LOGS
- CHAINSAW OR HAND AXE
- NEWSPAPER
- HEAVY-BASED SAUCEPAN
- STEAK TRIMMINGS, 1.5KG
- PAPRIKA AND CHILLI POWDER, 4TSP EACH
- SOUR CREAM
- ONIONS, 4, CHOPPED
- GARLIC, 4 CLOVES
- CHOPPED TOMATOES, 4 TINS
- KIDNEY BEANS, 2 TINS
- SCOTCH BONNET SAUCE, 200ML

AS WELL AS BURNING FAT, THE CAPSAICIN IN CHILLI TORCHES YOUR PROSTATE CANCER RISK

KIDNEY BEANS ARE PACKED WITH FOLATE, WHICH BRINGS DOWN YOUR ODDS OF A HEART ATTACK

*FOOD WRITER FOR THE FINANCIAL TIMES, GUARDIAN AND OBSERVER FOOD MONTHLY | FOOD STYLIST: JACK SARGESON



SLOW-COOKING NEGATES THE PANCREATIC CANCER RISK ASSOCIATED WITH WELL-DONE 'CUED MEAT

A PORTION OF LAMB CONTAINS 1/3 OF YOUR ZINC RDA TO KEEP YOUR IMMUNITY AND T-LEVELS UP

YOU WILL NEED
(SERVES 4)
- SPADE
- GOLF-BALL SIZED STONES
- FIREWOOD
- LAMB SHOULDER
- COLD WATER, 5L
- SALT, 450G
- FRESH THYME, 100G
- ROSEMARY, 60G
- BLACK PEPPERCORNS, 10G
- BUTTER, 55G
- FLOUR, 125G

GO UNDER GROUND

PIT-COOKING TAKES SOME ELBOW GREASE BUT THIS LAMB DISH IS WORTH IT, SAYS ROSIE HAZLETON†

METHOD

Grill a big hunk of lamb and you'll get scorched skin and a raw centre. For succulent protein you need to put your back into it. Dig a hole 4ft wide and 2ft deep and fill the base with half your stones **(1)**.

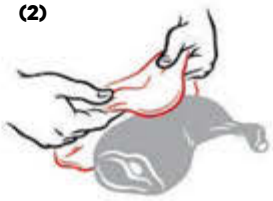
Lay a wood fire on these, piling the rest of the stones on top. Let them heat for two hours. While you wait, soak the lamb in a brine of water, salt, thyme, rosemary and pepper. Pit-cooking meat ensures an even heat, but it's hard to monitor progress; soaking stops it toughening.

Make a dough with flour, 40ml water and butter; wrap it around the meat **(2)**. This helps the meat cook in its juices and protects it – and you – from harmful ash. Use heatproof gloves to lie the meat on a bed of stones **(3)**. Cover with the rest of your hot rocks. Let the meat cook for four hours, then dig in, break the bread and unearth the best lamb you've tasted.

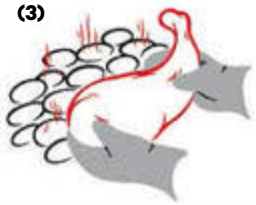
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(2)



(3)



SMOKE WITHOUT FIRE

BLOW SUPERMARKET SALMON OUT OF THE WATER BY SMOKING IT AT HOME, SAYS HAYWARD

YOU WILL NEED
(SERVES 6)
- CERAMIC DRAINAGE PIPE
- WOODEN SPINDLE
- FISHING HOOKS
- FOOD TIN, EMPTY
- SAWDUST
- SOLDERING IRON
- WHOLE SALMON FILLETS, 2
- SUGAR, 150G
- SALT, 150G

METHOD

A few garage essentials and 24 hours are all you need to delicately (and healthily) prep a perfect starter. Rub the fish with a 50/50 mix of salt and sugar (1), wrap in clingfilm and leave in the fridge overnight. Dry-brining pulls fluid out of the fish, so it won't be slimy.

The next morning, fill a tin with sawdust (whiskey oak £4 smokedust.co.uk), punch a hole in the bottom and insert a soldering iron (2) (another fiver on eBay). Supermarket fillets are often sprayed with liquid smoke to cut corners. Your guess as to what's in the stuff is as good as ours.

Upend your pipe over the can and hang the fillets inside from a spindle (3). Switch on the soldering iron and cover the whole contraption with a bin lid and a couple of bricks to keep foxes out. Leave to smoulder for 24 hours, lift the lid and reel in the results.

(1)



(2)



(3)

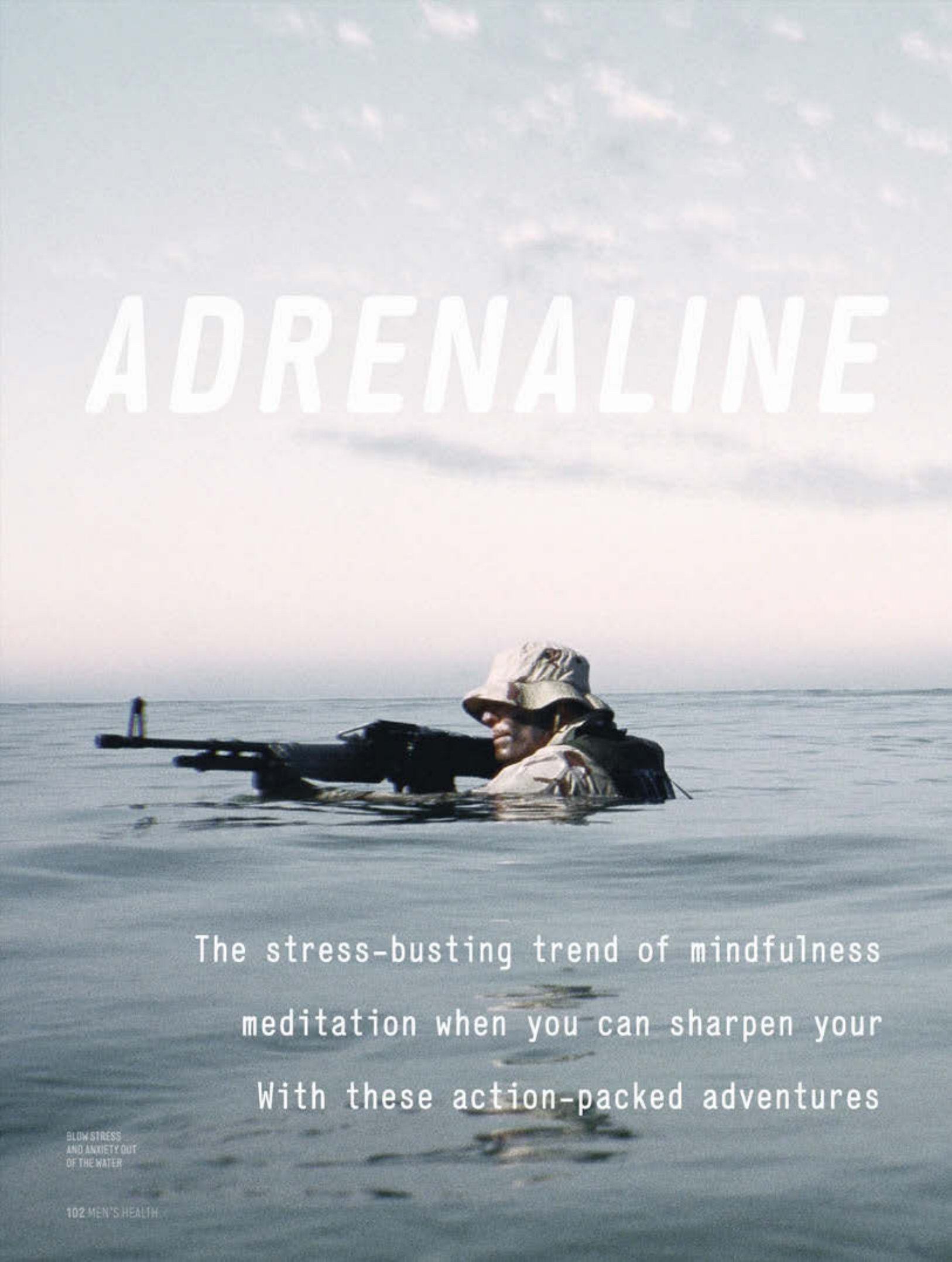


THE SELENIUM AND VITAMIN E IN SALMON COMBINE TO COMBAT SKIN CANCER. ENJOY AL FRESCO

DON'T LET THE SUPERMARKETS FOOL YOU. SHOP FISH IS INJECTED WITH BRINE FOR EXTRA WEIGHT

*ARCHEOLOGIST AND EXPERT IN PREHISTORIC COOKING

ADRENALINE

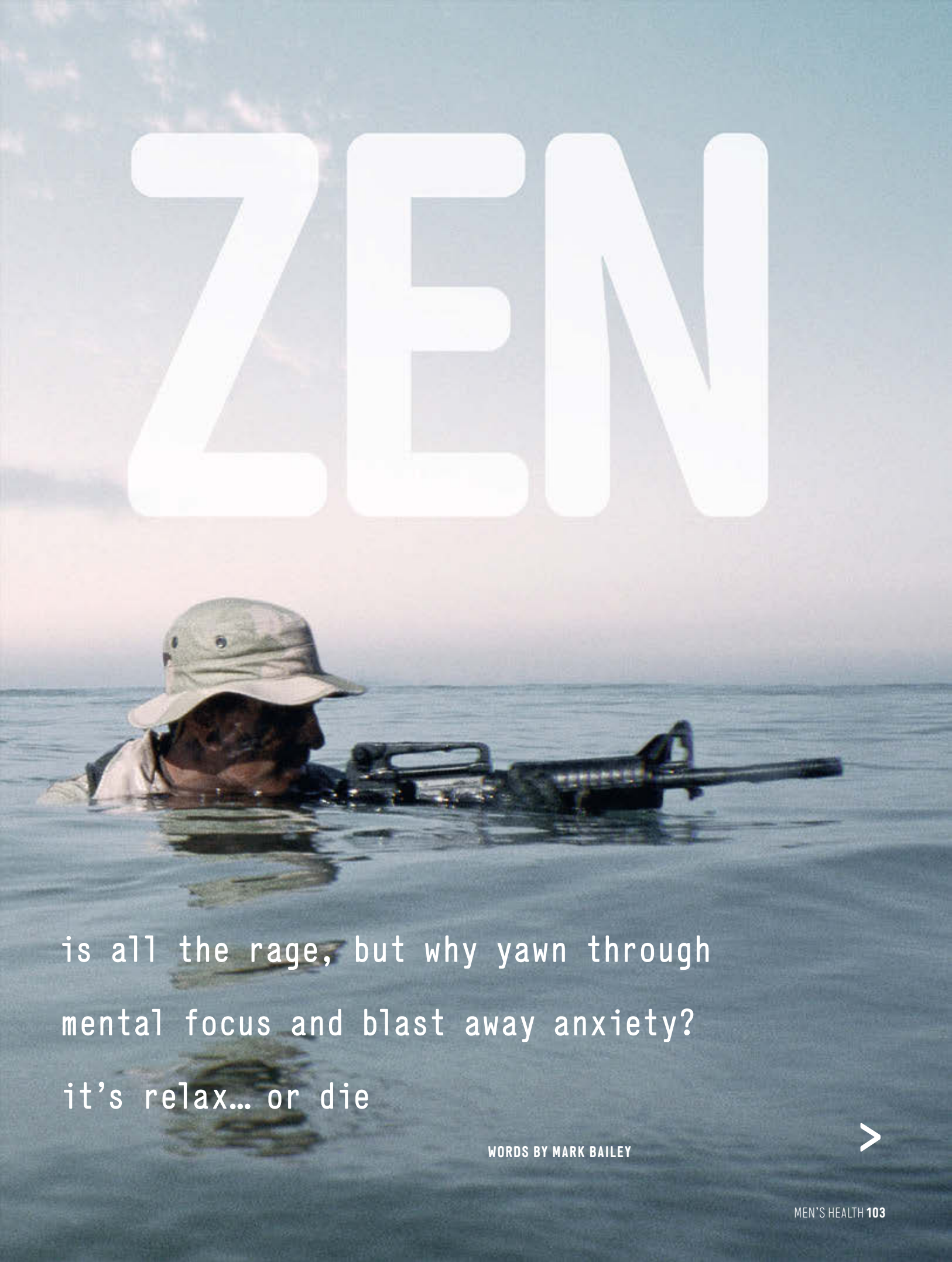


The stress-busting trend of mindfulness meditation when you can sharpen your

With these action-packed adventures

BLOW STRESS AND ANXIETY OUT OF THE WATER

ZEN



is all the rage, but why yawn through mental focus and blast away anxiety? it's relax… or die

WORDS BY MARK BAILEY

Good news for those seeking to reassert control over their frazzled minds, without turning to new-age passivity: adventure challenges emulate mindfulness by anchoring you in the here and now, and give you the mental perspective needed to vaporise everyday worries. "Meditation puts you in a 'mindful' state, whereas in an adventure sport the experience simply does it for you," says psychologist Eric Brymer.* Upgrade your holiday to one of these nail-biting expeditions and return home with a calmer, tougher mind.



> NAVY SEAL HELL NIGHT IN THE US

TEST YOUR LIMIT WITH A KILLING MACHINE

Terminate stress with extreme prejudice on a gun-toting week with the US military

The Adrenaline Client meetings and tax bills are forgotten when you're locked in close-quarter combat, firing an AK-47. "You will hit the wall and run right through it," says retired Navy Seal Don Shipley. "The highlight is Hell Night when we physically exhaust you with sprints and pull-ups then do late-night operations." All with a Navy Seal screaming in your face. Aligning your chakras this ain't.

The Zen A technique known as the 'mindfulness of physical discomfort' involves learning to identify, tolerate and break down every ache in your body, accepting that physical pain – and mental anxiety – is not a solid state but a feeling you can overcome and let go. A week of Navy Seal beastings will have the same impact. "You learn to suck up stress and never give in," says five-time course survivor Mike Clarke. "It's not 50 reps; it's one rep, 50 times." Shipley adds: "We teach guys not to give a shit. You learn to care about what's important and forget the rest."

Ready Yourself "The mind fails before the body so train in ways that strengthen both, like executing bodyweight circuits to failure," says Royal Marine-turned-trainer-and-actor Sean Lerwill. "Do 10 burpees, 20 lunges, 10 pull-ups and 10 press-ups and repeat as many times as possible in 20 minutes."

More Info The Advanced Training week starts at £1570. *extremesealexperience.com*

LIKE THAT? TRY THESE...

Mental boot camp Engaging in simulated missions will teach you to assassinate anxieties and order your mind with military precision. *special-forces-adventure-training.co.uk*

Fight back If you're keen for some pain, suffering and discipline without the military drama, sign up to a seven-night Muay Thai camp in Koh Phangan, Thailand. *diamondmuaythai.com*

RIVER-BUGGING IN SCOTLAND

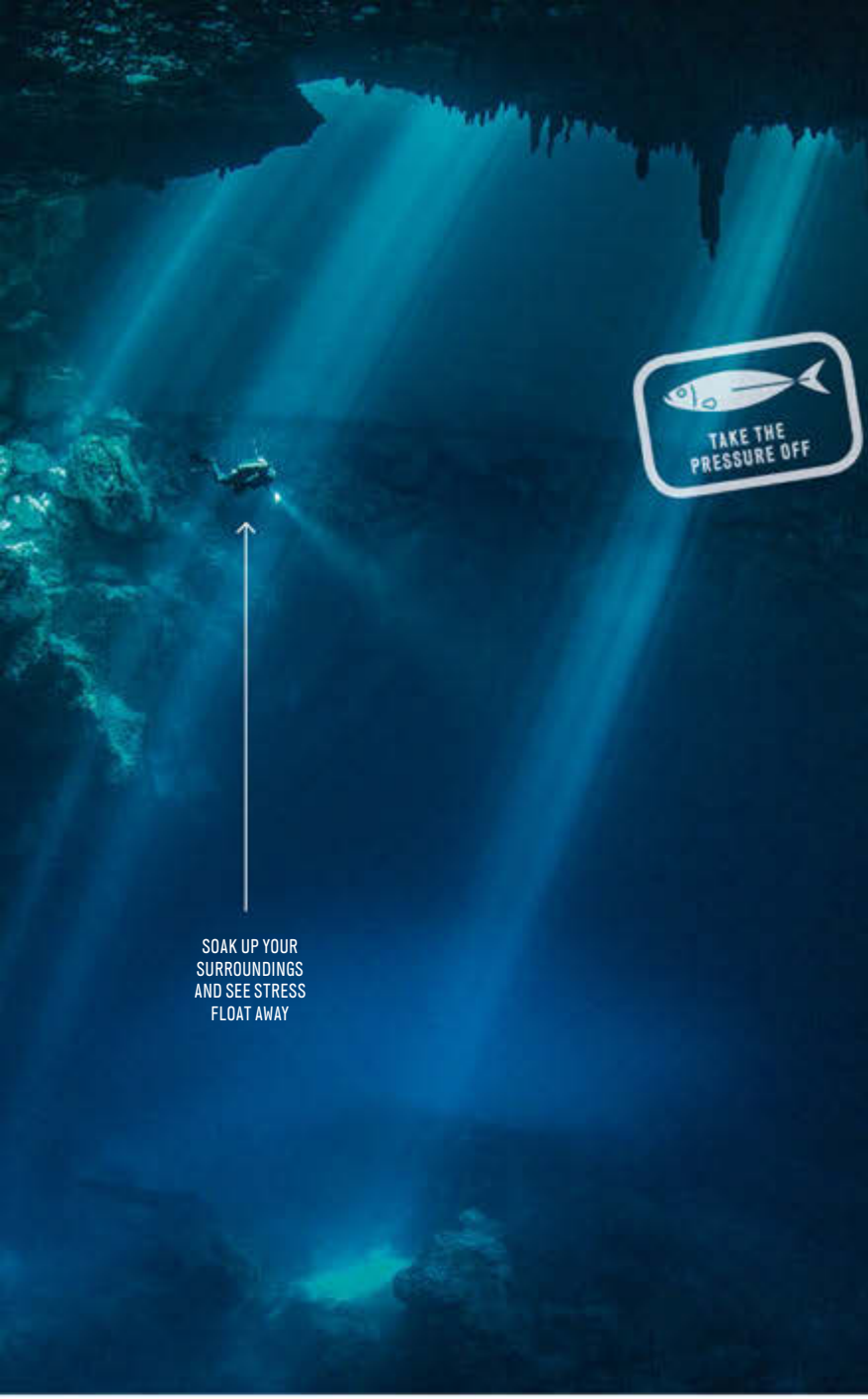
RAPIDLY WAVE AWAY YOUR WORRIES

Drown your anxieties with a hardcore river-bugging mission in the Spean Gorge

The Adrenaline Hurtle face-first down churning rapids in the Scottish Highlands on an inflatable sled called a 'river bug' for the maximum mind-rush. "It is a three-mile long gorge and there is only one way out," says Ben Starkie of Vertical Descents, which offers the only full-day expedition in the UK. You'll face technical rapids like 'Headbanger' and 'Cauldron', navigate drops and jumps, and endure an extreme physical challenge.

The Zen Mindful thinking involves reflecting on thoughts as they occur (known as 'metacognition'),

*QUEENSLAND UNIVERSITY OF TECHNOLOGY



CENOTE DIVING IN MEXICO

Wash away your worries with a diving expedition in Mexico's submerged caverns

The Adrenaline The shadowy natural sinkholes of Mexico's Yucatán Peninsula were worshipped by ancient Mayans as the entrance to the underworld, but today they are your gateway to adventure. Plunging into Dos Ojos ('Two Eyes') and Caverna de Murciélagos ('Bat Cave'), you will face claustrophobia and darkness before enjoying a fish-eye view of mysterious caverns and stalactites.

The Zen Mindfulness gurus recommend meditating by focusing on your breath's journey from your nostrils to your belly as a way of improving awareness and breaking down anxiety. The controlled breathing of scuba diving apes 'mindful breathing' for a more potent dose of mental restoration. "You have to remain aware of how you feel at every moment and reduce anxiety with controlled breaths," explains extreme diver and author Andy Torbet.

Ready Yourself Divers must use frog kicks to avoid stirring up visibility-wrecking silt from the cenote floor. Torbet explains: "It's like breast stroke, but with knees bent at 90 degrees so the feet are held away from the cavern floor." Practise in the pool before you travel.

More Info PADI Open Water courses available from £370. *divecenotesmexico.com*

LIKE THAT? TRY THESE...

Continental drift Humdrum worries will float away when you're literally swimming between continents at Silfra in Iceland – a deep underwater rift between the North American and Eurasian tectonic plates. *dive.is*

Nervous wreck Scare away anxiety by exploring the sinister skeletal remains of the German WWI battleships scuttled at Scapa Flow in Scotland's Orkney Islands. *scapascuba.co.uk*

with the aim of boosting mental clarity and reducing the power of unwanted thoughts. But as you fly down a bubbling cauldron of water your mind will automatically reach razor-sharp precision, filter out unhelpful thoughts and focus on the task in hand. "These bursts of activity improve our mental clarity and heighten our alertness because in extreme adventures we need to focus on one task," says Dr Rhonda Cohen, a sport psychologist at Middlesex University. You'll rapidly power through your to-do lists when you get home, and pinging emails will no longer irritate you.

Ready Yourself To get ship-shape for river-bugging, trainer and founder of No1 Fitness, Ben Camara, recommends tackling a circuit of calf raises, box jumps, Russian twists, bear crawls and thrusters. "Do four sets of 40 seconds per exercise, twice a week for six weeks, and you'll be ready for any river."

More Info Extreme bugging costs £85 per day. *verticaldescents.com*

LIKE THAT? TRY THESE...

Soča it to stress Refocus your mind with intense river-bugging along Slovenia's Soča River; your brain will be too busy processing rapids to worry about troubled waters back home. *sloveniarafting.si*

Waterboarding Swap rapids for plunging waterfalls with an epic canyoning quest in Austria's Ötztal Valley. After hurtling through grottos and abseiling down waterfalls you'll float through your next office presentation. *rafting-oetztal.at*





FOR MENTAL CLARITY, PULL YOURSELF OUT OF THE ABYSS

GET YOURSELF OUT OF A HOLE

EXTREME CAVING IN SWITZERLAND

Master mind- and muscle-control on a crawl through the infamous Hölloch

The Adrenaline Encounter total darkness, confinement and unique subterranean scenery on a two-day expedition in Switzerland's 200km Hölloch (Hell Hole) cave system. Heaven.

The Zen Squeezing through narrow gaps in pitch black you feel alive to every touch as you use your hands and feet to navigate. It's similar to a mindfulness 'body scan', during which you zone in on the physical sensation of every part of your body, to learn how to rapidly reorder mental perspective during stressful moments. This intensely tactile experience helps you master tension in your body and detox your mind.

Ready Yourself "Crawl using your toes and elbows – instead of your belly – to minimise friction," says Nigel Atkins of Caver Training.

More Info Two-days from £304 *trekking.ch*

LIKE THAT? TRY THESE...

Peak performance On a two-day caving mission in the Peak District you will journey through an active stream cave using ropes, equipping you with the tools to handle any mental pitfall. *cavertraining.co.uk*

Dark waters Sharpen your self-awareness by battling waves and darkness on a kayaking expedition into the ever-narrowing sea caves of the Pembrokeshire coast. *mayberrykayaking.co.uk*



DROP INTO A MAD DOWNHILL CYCLE

HELI-BIKING IN NEW ZEALAND

Anchor yourself in the present by hurtling down The Remarkables

The Adrenaline From the heart-pumping helicopter trip into this high-altitude playground to the frantic mountain-bike journey down snow-capped peaks, steep rocky trails and creaking suspension bridges, a 2000m heli-biking adventure in New Zealand drips with adrenaline. "The risk is real," says Jenny Caunt, co-founder of trail cycling company Himalayan Single Track. "But heli-biking is a true adventure in which the rider goes to the edge of their limits and into unknown locations."

The Zen One mindfulness exercise requires you to immerse yourself in the here and now by mentally listing five things you can see in the moment, in order to focus on what's important and stop worrying about a future you can't control. When you leap out of a chopper, and start freewheeling down a mountain range, you will reach superhuman levels of awareness about yourself and your surroundings that will naturally focus your mind and prevent fractured thinking. If you can handle sharp rocks and steep drops in real-time, you can deal with life's other obstacles too.

Ready Yourself "To tackle rocky trails use your arms and legs as suspension and stand up on the bike with your weight shifted backwards over the saddle," says extreme mountain bike legend Hans Rey.

More Info Rides begin on Ben Cruachan peak and start at £190 per person. *vertigobikes.co.nz/tours*

LIKE THAT? TRY THESE...

Get high Recreate the buzz in Europe at the Bardonecchia Kona Bike Park in Italy, which has trails rising to 3009m and 10m platform jumps. *bardonecchiaski.com*

Downhill danger Skid down 555m of the World Cup Downhill course at the Nevis Range in Scotland, take the gondola to the top and blast your anxieties away again and again. *bike.nevisrange.co.uk*

VIA FERRATA IN ITALY

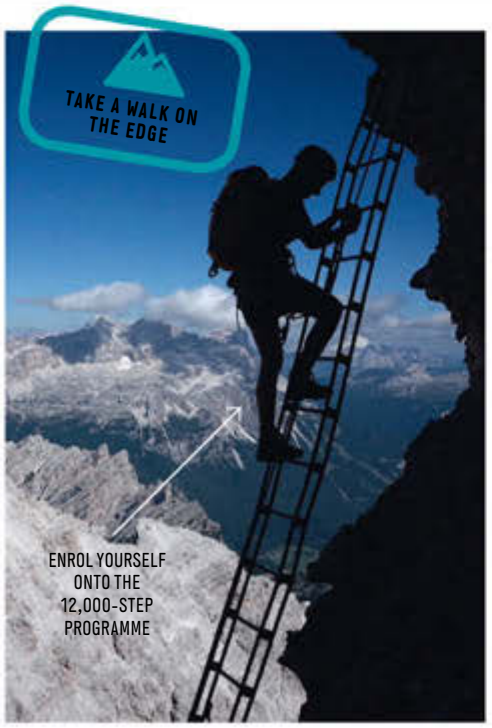
Let nature clear your mind by upgrading your lunchtime stroll to a mountain hike

The Adrenaline On a *via ferrata* (fixed iron wire route) in the Italian Dolomites you can conquer jagged peaks like a pro mountaineer. Leave the easy options to the tourists and hook yourself into a hardcore 3-5 day expedition on the Bocchette Alte to scale giant pillars of rock and skirt narrow ledges with 1000m drops.

The Zen 'Mindful walking' involves monitoring your limbs and soaking up sights as you walk through a natural environment such as a forest. By boosting your sensory awareness, you learn to lock yourself in the now and ignore future worries. Shuffling over stomach-churning drops on the Bocchette Alte is an extreme dose of 'mindful walking' that will force you to prioritise your thoughts. "Self-directed adventure activities teach you to take control and put work stress back in context," says Brymer.

Ready Yourself "Relax your hand grip," says climbing coach Robbie Phillips. "It sounds counterintuitive but will save your forearms."

More Info Three-day guided trips from £472. *discoverydolomites.com*



LIKE THAT? TRY THESE...

Ice cool Melt away mounting worries with an ice-climbing expedition on a frozen waterfall in Norway, where every thrust of your axes and crampons will freeze your mind into ice-cold clarity. *alpineguides.no*

Rule your mind Spain's Caminito del Rey *via ferrata* is only 7.7km long but the vertiginous drops and the 105m-high footbridge will trigger an adrenaline jolt that will obliterate any mental fog. *caminitodelrey.info*

High and mighty Teeter on the knife-edge mountain trail of the Aonach Eagach Ridge in the Scottish Highlands and you'll soon swap fractured thoughts for adrenaline-surged zen. *walkhighlands.co.uk*

PHOTOGRAPHY: BOB ALLEN; BOBALLENIMAGES.COM | ROBBIE SHONE; SHONEPHOTOGRAPHY.COM | JACK BRAUER; MOUNTAINPHOTOGRAPHY.COM | PAUL TOMKINS/VISIT SCOTLAND | ADDITIONAL PHOTOGRAPHY: CORBIS IMAGES AND GETTY

HOW TO MOW YOUR LAWN

(AND VARIOUS OTHER MUNDANE CHORES)

MH'S PHOTOGRAPHIC GUIDE TO FAIR-WEATHER DAD SKILLS PROVES THAT BRIGHT IDEAS AND A SUNNY DISPOSITION CAN MAKE SHORT, FUN WORK OF DULL JOBS

WORDS BY DANIEL MASOLIVER
PHOTOGRAPHY BY CHRIS FORTUNA



BE PREPARED: LAWN CARE IS A YEAR-ROUND JOB

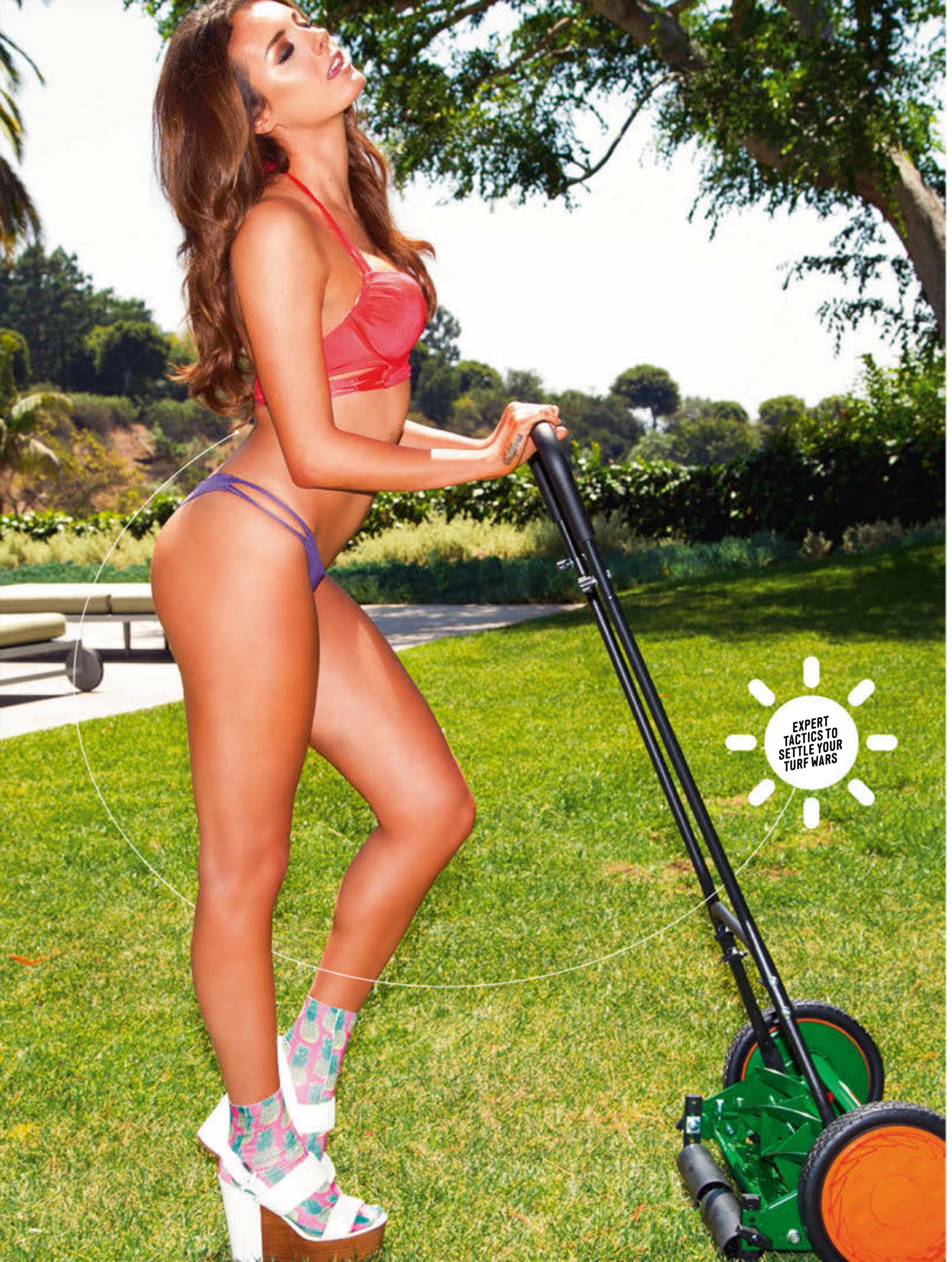
HOW TO MAKE YOUR NEIGHBOURS GREEN WITH LAWN ENVY

by Mick Hunt, award-winning head groundsman at Lord's, the home of cricket

When grass gets too long its roots heat up, which creates a breeding ground for disease. Trim to just shorter than your little finger once a fortnight.

To emulate the stripes you see at sport grounds, use a mower with a back roller – rolling first in one direction, then the other. Or create a checkerboard effect by going up and down, then horizontally. To keep it neat, place string down and follow the lines. Going to compulsive lengths is fine. Remember: eye-rolling onlookers are just jealous.

For a healthy natural-looking lawn, feed it three times a year with slow-release fertiliser: first in mid April, then with a nitrogen-rich variety in July, and finally in November to see it through winter. Water it twice a week (if the weather doesn't) and stroke it tenderly each night.


EXPERT
TACTICS TO
SETTLE YOUR
TURF WARS



HOW TO ROOT OUT YOUR WEED PROBLEM

by Matt Keightley of Rosebank Landscaping, People's Choice winner at last year's RHS Chelsea Flower Show

Weeds don't just spoil the aesthetics of a well-curated flowerbed, they leach it of nutrients too. Do damage control every other week in summer; once a month the rest of the year. Act as soon as you see tiny signs of leaf growth. An old-fashioned fork trumps any new gadget. Pick your target and get straight to the root of the issue – yank weeds out at the surface and they'll be back within days. Shove the uprooted blight in a bin bag; if you let it fall on the soil, it'll seed again. And *never* add weeds to your compost. (You have compost, right?)

Laying 2in of mulch – try bark chips from Homebase – between plants will block out the light that weeds need to germinate, but it may prevent purposefully planted seeds from coming through. Now, where did you leave them...?

PICK THE RIGHT TOOLS TO PREVENT QUICK REGROWTH



THE SECRET TO CLEAR WINDOWS IS IN THE DRYING

HOW TO TAKE THE PANE OUT OF STREAK-FREE WINDOWS

by David Ayers of Kärcher, who gives the London Eye's glass a clear view of the capital

Cleaning a window is easy: all you need is some soapy water and a bit of elbow grease. Maybe a ladder and George Formby on the iPod. But for glass that gleams in the sun, it all comes down to drying. Act fast to avoid watermarks, especially on hot days. Use a handheld Window Vac (£45 argos.co.uk) for streak-free panes. Or get hands-on and wipe with a squeegee blade: start at the top and snake your way into the lower corners.

Finish the job by buffing with a dry cloth. Use old towels. New ones will shed fluff and attract unwanted questions from your partner.

HOW TO... POWER WASH YOUR PATIO TO PERFECTION

by Richard Tipper, founder and director of Perfection Valet

Sadly, when it comes to cleaning the grimy slip-hazard that is a mossy patio, a hose won't even trouble the surface. This job is actually best done on an overcast or drizzly day, as you don't want the dirt and water to dry too quickly. To be the true master of your domain, equip yourself with a power wash machine that has a brass pump head (plastic or aluminium will flake out in high-pressure situations). Mix a moss-killing disinfectant such as Jeyes Fluid with your water, then switch the nozzle setting to 'fan' rather than 'pin-hole' – the latter can blast the concrete from between your paving slabs.

On a flat patio, start at the furthest point from the drain and work methodically toward it, one slab at a time. On a slope, always start at the top and let gravity deal with the run-off of dirt and water. You can avoid a comedic splashback by holding the shaft at a shallow angle (30 degrees), keeping the nozzle a clear foot off the floor. Even with all this, it is unavoidably messy work – so don't wear your Sunday best.





CHOOSING YOUR
MOMENT IS THE KEY
TO A GLEAMING PATIO



BYPASS THE CAR WASH FOR A SHINE THAT WILL LAST

HOW TO MAKE YOUR DRIVEWAY LOOK LIKE A SHOWROOM

by Richard Tipper, who also preps top-of-the-range cars for motor shows and photoshoots

Quiz any kids doing bob-a-job on these rules before letting them near your wheels. First, start with a hose-down to lift off dirt, or you'll scratch grit into your paintwork. The quality of what you touch the car with is essential. Go for a wash-mitt, as sponges can collect grit in the air pockets. Lamb's wool is by far the best.

Mix PH-neutral soap (try Race Glaze Aqua Bathe £7) into your water. Detergent-based soaps strip your chassis of polish. Washing-up liquid is the worst offender. Wash your car in the shade, as heat prematurely dries the panels, leaving water stains. Polish it under your garage lights which exaggerate imperfections, resulting in a showroom-fresh finish. Lastly, before taking it out again, check the weather.

MODEL: DIANA GEORGIE AT PHOTOGENICS LA | MAKEUP: HALEY BUCKNER | HAIR: JOHNNY STUNTZ | STYLING: NEVA KAYA | CLOTHING SHOP THE BLACK MARKET



HOW TO OPEN THE DOOR TO PRISTINE PAINTWORK

by Mike Smith of Treasure & Son, who restore castles and listed buildings for English Heritage

Apply a topcoat onto existing paintwork and it'll soon strip off. Instead, sand the door first and treat bare wood with a base coat (Ronseal is a solid bet) to protect against insects and rot, then a primer to stop the paint on top from peeling. You don't need artisan £80-a-litre paint; Dulux gives results.

Dust settles on wet paint. What's duller than watching paint dry? Starting again due to lumpy pigment. Avoid this by sanding between every layer of under- and topcoat. A 100-grit sandpaper is ideal.

Go with the grain, keeping a wet edge, as going over dry paint creates ridges. Buy a 2.5in brush with synthetic filaments – cheap bristles leave marks. Paint job's well done.



A NEW BREED OF EXTREME ATHLETE IS BLAZING A TRAIL INTO THE RECORD BOOKS



What can you do when you're bored of running the same old ultra-marathons? When even the world's longest trails become samey? The fittest, most intrepid athletes run up mountains in the Fastest Known Time. MH meets the men redefining extreme fitness

WORDS BY ADHARANAND FINN – PHOTOGRAPHY BY DAVID ELLIS

As the aerial shot pans across the snow-covered mountains, a man with skis on his back can be seen running across a perilous ridge, arms pumping, defying death, each side presenting a precipitous drop. He is moving fast, bewilderingly fast, seemingly impervious to the present danger, hell-bent on beating the elements. It's the kind of snapshot bearing all the hallmarks of a James Bond trailer. But it's not Daniel Craig in the picture. It is Kilian Jornet: ultra-marathon runner, ski mountaineer and all-round endurance athlete.

The footage is from *Summits of My Life*, a film that follows the 27-year-old Spaniard as he embarks on a series of ground-breaking, highly dangerous challenges. The project he has set himself is extreme because, well, he's already done just about everything else. Having won virtually every major trail and mountain race going – including the Ultra-Trail du Mont-Blanc (three times), the Western States 100 and the Skyrunner World Series (six times) – Jornet has turned his attention to FKTs.

FKT stands for Fastest Known Time. Its origins are hazy, as are the rules and the records. What is known is that Peter Bakwin started the Fastest Known Time website in 2005. A scene quickly grew up around it in the US, with people setting records for completing iconic trails, such as the 223-mile John Muir Trail through California's Sierra Nevada (3 days 7 hours 36 minutes) and the epic 2175-mile Appalachian Trail (46 days 11 hours 20 minutes). Runners are expected to document their trips to prove they've broken a record, but the unofficial nature of the exercise is inferred by the name: Fastest Known Time. Someone may have done it faster without evidence.

Until Jornet turned up, FKTs represented a little-known subculture within the endurance running community. But with his status as an ultra-icon, a film crew recording his every move and social media hot on his heels, FKTs have become the biggest topic of conversation among those who like to go further and faster. Evidently, they are unlike regular races. You don't have to turn up on a certain day, start when the gun goes off and run with hundreds of other people. You can set off when you are ready, alone, and in some of the most beautiful locations on earth. "The subversive, DIY nature of FKTs is the primary attraction for me," says top US ultra-runner Anton Krupicka. "It's a very primal way of testing yourself."

At first those tests were epic. In 2013, for instance, British runner Jez Bragg became the fastest known person to run from one end of New Zealand to the other (53 days 9 hours, should you fancy it). Then they got bigger. Jornet's aim for the last few years has been to break the FKTs up and down seven of the world's most iconic mountains, from Mont Blanc to Mount Everest. The highest mountain in the world claims the lives of experienced climbers every year and is becoming no less dangerous, as the recent Nepalese earthquake made plain. Yet Jornet is planning to race to the summit, and down again, with minimal kit.

PEAK TIMES

If that sounds almost beyond credulity, you'll be interested to learn that he's already halfway through fulfilling his goal. Mont Blanc has been surmounted – he made it to the top and back in 4 hours 57 minutes. The Matterhorn he completed in an incredible 2 hours 52 minutes. Some of these records had stood for over 20 years, only to be ticked off, one by one, by a young Catalan with serious wanderlust and a phenomenal engine. (His VO_2 max is thought to be around 90 ml/kg/min – yours is probably closer to the 45 mark.) To many he is the greatest athlete on the planet. To others he's a reckless attention-seeker. To an elite few, he's little more than a fast-moving target.

WINNING ALTITUDE

When Jornet burst onto the scene his FKTs looked unassailable. But last summer, an unknown Ecuadorian called Karl Egloff changed all that. In August 2014 he beat Jornet's four-year record over Kilimanjaro by 32 minutes, ascending and descending in 6 hours 42 minutes. This is a route most people take seven days to complete. Then, earlier this year, he trounced Jornet's time for Argentina's Aconcagua, the western hemisphere's highest peak, just two months after it had been set. This time he shaved off an hour.

"People say I'm following Kilian," Egloff tells me in a Skype call from his home in Quito, Ecuador. "But when I ran up Kilimanjaro, I'd never even heard of him. I wasn't even a runner." This much is true: Egloff was a mountain bike rider and mountain guide who happened to be taking a few tour groups up Kilimanjaro as part of his job when he decided to see how fast he could make it up and down on his own. "Afterwards," he says nonchalantly, "everyone told me I'd broken Kilian's record. So I Googled him and was like, wow!"

Egloff may be a novice runner but he has one key advantage over Jornet. Being a mountain guide from Ecuador means he has spent his life at extremely high altitudes. "I've been over 5000m over 5000 times," he says. So when his boss, mindful of the publicity generated after the Kilimanjaro FKT, suggested Aconcagua next, Egloff jumped at the chance.

Over the two weeks prior to his FKT, Egloff climbed the summit three times. His relationship with the terrain verges on the spiritual at times. "I wanted to really connect with the mountain," he tells me. "It sounds crazy but I'm that type of person who has to get the permission of the mountain. I wanted to sleep there, drink its water. You can also learn a lot from fast attempts," he says. "Like, the first time we raced up Aconcagua, we didn't bring enough clothes and I was too cold."



*ADHARANAND FINN IS THE AUTHOR OF *RUNNING WITH THE KENYANS* AND *THE WAY OF THE RUNNER* AS WELL AS THIS FEATURE, OF COURSE



"It's dangerous, of course, it's really dangerous, but it's a choice"

EXPERIENCE IS NEEDED TO COVER TRICKY TERRAIN WITH PACE TO BURN

PREPARE FOR UPS AND DOWNS

*Nail the basics and PBs will follow, says running author Adharanand Finn**

1\ Take baby steps
Running up and down steep hills takes practice. Take little steps on the way up, but try to keep your rhythm bouncy and loose. Don't be afraid to walk if it's too steep, even the top runners walk.

2\ Play fast and loose
Keep your upper body relaxed, especially on the way down. The footing will be uneven and falls are par for the course, but if you're tense you're more likely to hurt yourself if and when you do trip over.

3\ Know your enemy
Prepare by acclimatising; slowly if it's high altitude. Walk the course before you run it – knowing the route will boost your time, and save your life if the weather turns.

4\ Don't rush it
If you fancy trying for an FKT, do it on your own terms. It may never be the perfect moment, but if a storm's a-brewing, you have a cold, or your mate can't make it, put it off. This isn't a stroll in the park – you need to be fully prepared.

The second time he got up there, just three days later, he found a dead body at the peak. "This makes you think twice. You think: what the hell am I doing? So one of the first things I promised my team when we saw that was, whatever happens, I will not go past my limit. I always tell people who want to try what I do: first go slowly, spend some time up there. Because if you think mountains are like parks, you are wrong. For me, if the mountain says no, I don't challenge it. We are ants against the mountain."

Jornet is similarly pragmatic about the threats posed. "It's dangerous, of course, it's really dangerous," he says. "But it's a choice. Everybody needs to know their capabilities." Still, in spite of the respect these men have for their environment, the risks involved in their speed attempts have provoked much criticism. Jornet needed to be rescued after racing up a peak with his girlfriend, mountain runner Emelie Forsberg. The Alpine rescue boss was less than impressed, telling French media: "I'm angry when I see the continued rise of sneakers despite our requests [to use proper climbing gear]."

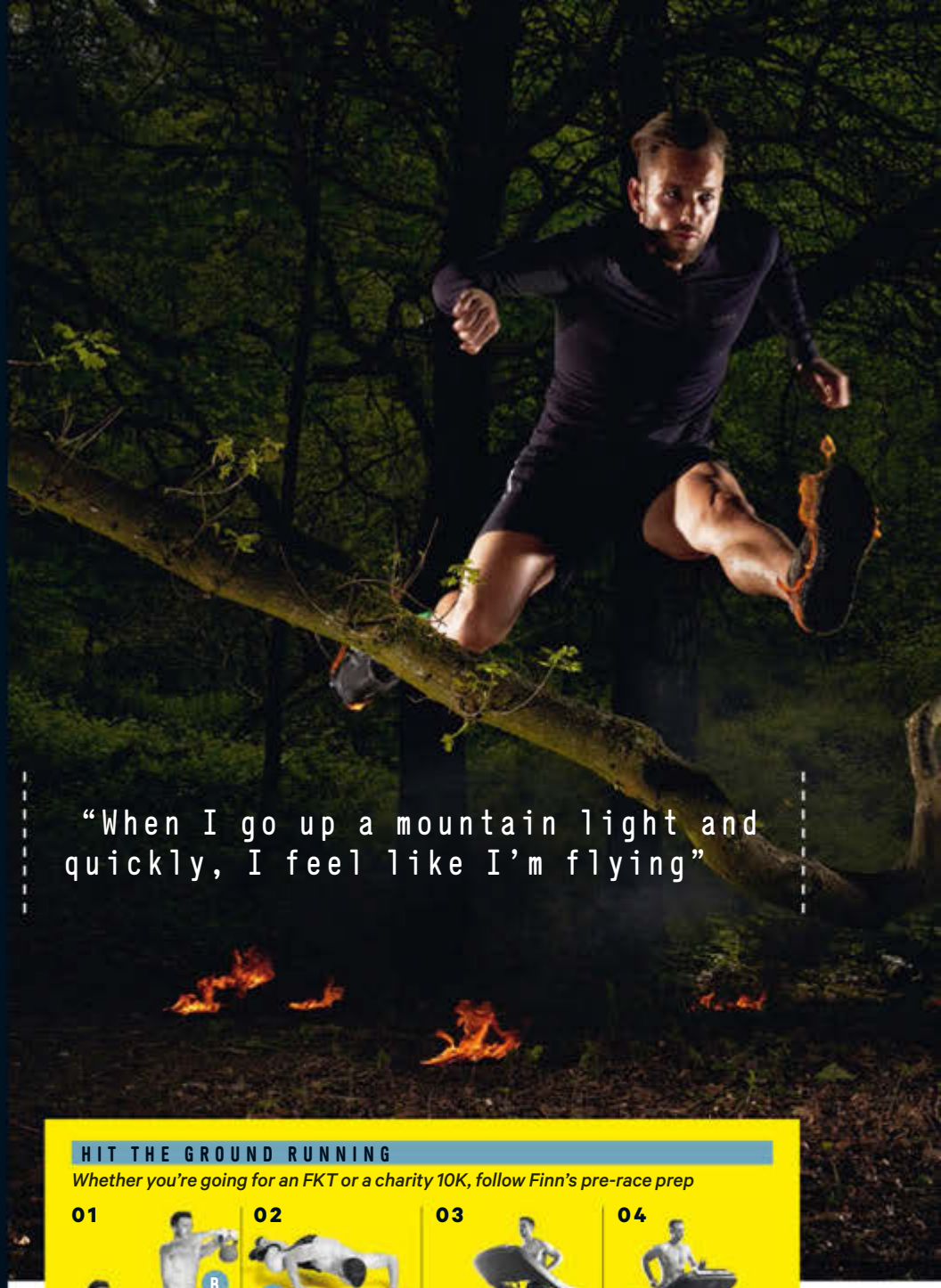
PREPARED TO PERFORM

To Chris Kempster, editor of *Trek & Mountain* magazine, the problem is not with athletes of the experience and talent of Jornet and Egloff. It is with those they inspire. He says he was on Aconcagua recently when a female runner came through Base Camp on an attempt to run up the mountain, "but she fell ill at Camp Two and had to be evacuated out by helicopter. The difference between her and Jornet was that he had spent time acclimatising and familiarising himself with the route before attempting his record. This runner just attempted it without any sensible preparation."

Indeed, despite the obvious risks, more and more people around the world are ditching their hiking boots, lacing up their trainers and taking to the mountains. Once a three-hour marathon becomes a walk in the park, this can be the next, illogical step.

To find out more about the UK's FKT chasers I jogged out with a few ultra runners for their usual Saturday run along the South Downs. Fresh from a half-marathon personal best of 77 minutes and in training for the London marathon (goal time: 2:45), I was confident I'd be able to keep up and chat along the way.

Leading the group was international ultra runner Robbie Britton. He's planning



"When I go up a mountain light and quickly, I feel like I'm flying"

HIT THE GROUND RUNNING

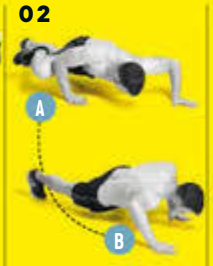
Whether you're going for an FKT or a charity 10K, follow Finn's pre-race prep

01



KETTLEBELL SQUAT
3 SETS OF 20 REPS, 60SEC REST, DAILY
With your feet flat on the ground and your back as upright as possible, squat (A). Come up slowly (B), arms out, and repeat. Holding a kettlebell in front of you makes your core work that bit harder, so you can maintain good running form all the way to the finish line.

02



SPIDERMAN CRAWL
3 SETS OF 60SEC ON, 30SEC OFF, DAILY
Staying low to the ground and keeping your back straight, extend your left hand while simultaneously bringing your right knee to right elbow (A). Switch sides and repeat (B), moving around the floor at a decent pace. Your spidey sense won't tingle; your abs will.

03



KENYAN HILL
3 SETS OF 10MIN ON, 2MIN OFF, WEEKLY
A great way to build your strength for hill running, but also for the last few miles of any long race. Find a medium-gradient hill – or set an incline on the treadmill if you're stuck in the city – and run up and down at 80% of max speed. Keep the pace hard for the full 10min.

04



KENYAN FARTLEK
25 SETS OF 1MIN ON, 1MIN OFF, WEEKLY
This is every Kenyan runner's staple. Pick a route of eight to 10 miles (or hop on the treadmill) and set your watch to beep every minute. Run the first minute easy, the next hard, 25 times. After 50 minutes, if you haven't gone the distance, jog home as a warm down.

PHOTOGRAPHY: DAVID ELLIS | WITH THANKS TO ESPECIAL EFFECTS CO
TRAINERS: NEW BALANCE FRESH FOAM BORACAY NEWBALANCE.CO.UK



IN ONE FELL SWOOP: TOP RUNNERS ARE MAKING MOLEHILLS OUT OF MOUNTAINS

to leg it from one end of Iceland to the other later this year in an attempt to bag his first FKT. As long as he finishes, he's guaranteed the record. That's because he'll be the first to try it.

"It's the easy way to get an FKT," he jokes. "Over in the US most FKTs are fairly new and fairly doable. However, in the UK we've been doing this for decades, just without the hashtag. We don't call them FKTs, but they're bloody hard to beat."

How hard? Well, the most formidable of all is probably Billy Bland's record for the Bob Graham Round in the Lake District, the home of British mountain running. It was back in 1932 that hotelier Bob Graham first attempted to run up and down as many peaks as possible in 24 hours, setting a challenge still seen as the Holy Grail of British fell running. He managed to scale 42 of the highest peaks in the Lakes, covering 66 miles. In 1982, the legendary Billy Bland ran the same route – setting an FKT that still stands today – in 13 hours 53 minutes. Thousands have since tried to break the record; few have come remotely close. "If you look at some of Billy Bland's times," says Britton, "I couldn't fall off a mountain that fast."

Meanwhile, I'm beginning to struggle up some of these hills that roll across the East Sussex Downs. As we hit our third big hill, around 14 miles in, I drift to the back of the group. My legs feel wobbly and the stony ground is a pain, every rock jarring my feet and ankles. We still have another 10 miles to run. Each hill is a grind.

At the top of each hill they stop to wait for me, standing around chatting as though at a drinks party. "In a marathon, if you bonk [hit the wall], that's it, race over," says Robbie. "In an ultra you can bonk five times and still do well. Getting some food down you does wonders." And then they're off again, tumbling down the hills, leaving me to nurse my pride.

RECORD BREAKERS

While Bland's record has stood untouched for over 30 years, another of the great British FKTs has just been broken. In 1987, Joss Naylor ran up and down all 214 peaks detailed in Alfred Wainwright's seven-volume *Pictorial Guide To The Lakeland Fells* in 7 days, 1 hour and 25 minutes. Last year, Stephen Birkinshaw did it 12 hours quicker, in 6 days 13 hours. To give such a feat some context, that means running up and down a fell once every 37 minutes, for almost a week, on just four hours sleep a night.

"Well, some of them are quite close together," says Birkinshaw as we sit in his farmhouse kitchen, the snow-capped peak of Blencathra looming outside the window. A glutton for punishment, I've come to the Lakes for another trip out, this time with one of Britain's toughest mountain runners. Luckily for me, six months later, he's still recovering from his FKT.

These extreme challenges can knock even the best runners off their stride. Birkinshaw's challenge was so huge, he says, he had to go into it prepared to risk injuring himself long-term. "I had terrible tendonitis, but I knew the only way I was going to break the record was to keep going whatever happened." Eggloff, too, says it takes about a month to feel strong again after an FKT attempt. But these men don't recover by sitting around eating ice cream. Egloff recovers with short runs and mountain biking, while Jornet's team says he is usually out running again the next day. "But this is something that very few can do," says his agent. "Kilian's body is used to this kind of exercise because he trains eight hours a day."

Birkinshaw may not have the same powers of recovery, but then, he is almost 20 years older than Jornet. Age has some benefits, he says, and he doesn't think he could have contemplated something like the Wainwright challenge in his twenties. Not only was he more concerned about injuries back then, with his running career still ahead of him, but he believes age gives you a mental toughness, which is key to success, especially on the longer FKTs. "You've been through stuff before," he says. "And you know how hard it can hurt. But crucially, you know you can carry on."

As we step out into the grey morning, he points up at Blencathra, the highest peak around. "I thought we'd run up that one," he says. I nod, nervously. "It's just about runnable," he says, and sets off. I dig in, following his footsteps, but each time I look up he's further ahead. He seems light and loose on his feet, like he's dancing up the mountain. I try to copy his style and it seems to help: little bouncy steps, arms dangling loose.

By the top of the mountain, my thighs are burning. Birkinshaw comes bounding back along the trail to find me. We run on through the clouds, crunching on the snow. Although I have my head down, every time I lift it up, the scenery catches me by surprise; the drama of the steep drops and craggy peaks. I'm reminded of my conversations with Egloff and I realise that I, too, feel somehow connected to the mountain, however fanciful that might sound. "When I go up a mountain light and quickly I feel free," says Egloff. "I feel as though I'm flying like a condor." It's this freedom, I realise, to be travelling light, racing through the mountains like a wild animal rather than a packhorse, that motivates FKT chasers.

Whether it will be quite so serene when he and Jornet take on Everest is another question altogether. To break the FKT they're going to have to burn some rubber, without ropes or oxygen. The record from base camp to the summit is currently held by Nepalese Pemba Dorje Sherpa, who scaled the mountain in just 8 hours 10 minutes. Breaking this record will require intense preparation and immense physical effort. Most of all, it will involve great risk and require more guts. Both believe they have what it takes. Do you?

GO THE DISTANCE

Want to beat the FKT elite? Here are the record times to aim for



Bob Graham Round
Lake District (42 peaks)
Billy Bland
13hr 53min



Ramsay Round
Scotland (58 miles, 24 peaks)
Adrian Belton
18hr 23min



Mount Everest
Pemba Dorje Sherpa
8hr 10min



Matterhorn
Kilian Jornet
2hr 52min

Mount McKinley
Kilian Jornet
11hr 48min



Kilimanjaro
Karl Egloff
6hr 42min

Aconcagua
Karl Egloff
11hr 52min

STICKMEN PHOTOGRAPHY: STUART HENDRY, ADRIAN WEINBRECHT AND ANDY PARSONS AT HEARST STUDIOS | ADDITIONAL PHOTOGRAPHY: JAMES KIRBY AND GETTY

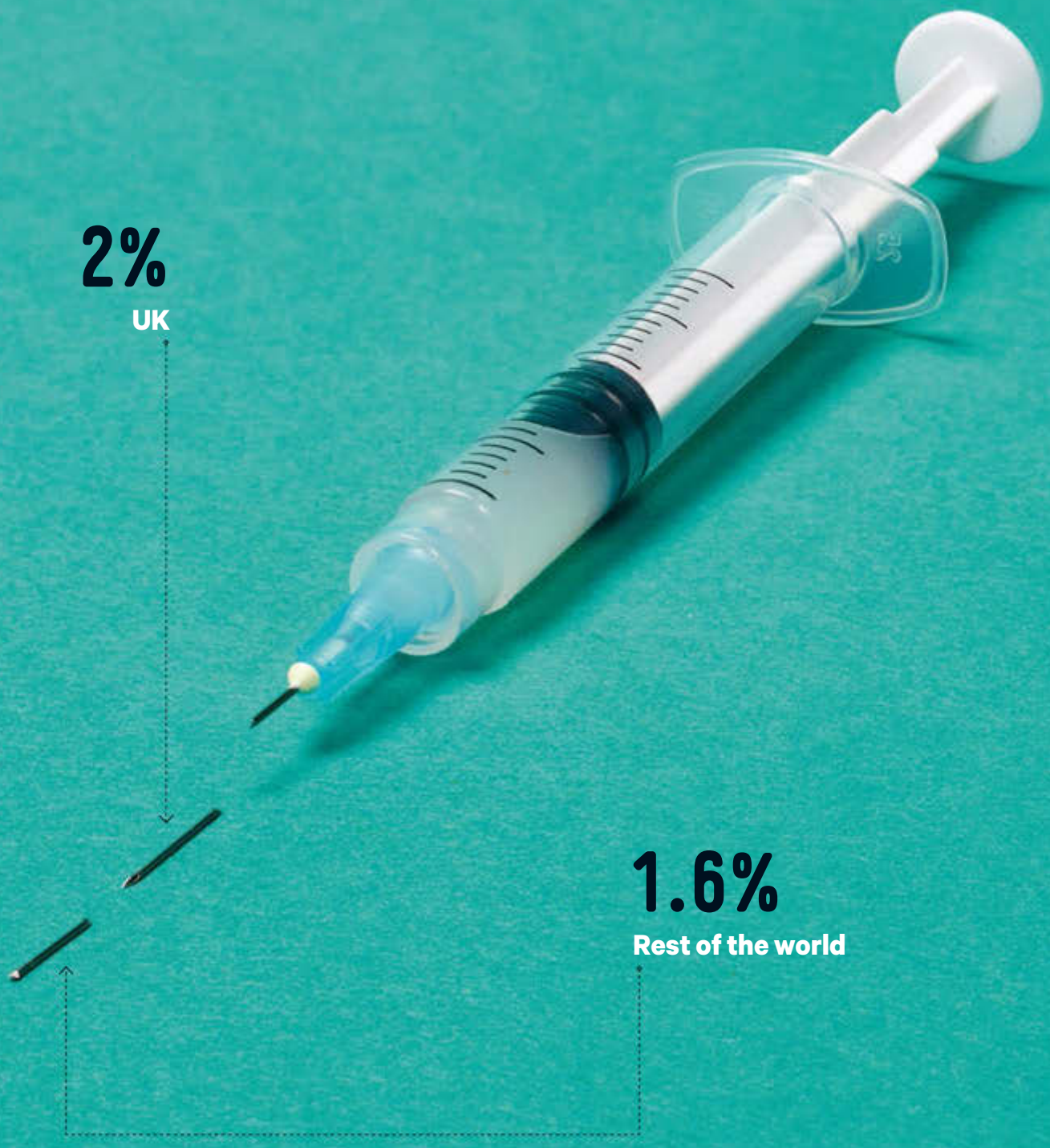
Welcome To The IPED Generation

THERE'S A GROWING THREAT TO THE HEALTH OF BRITISH MEN: IMAGE AND PERFORMANCE ENHANCING DRUGS (IPEDS). WE'RE GOING TO EXTREMES IN SEARCH OF BETTER BODIES AND CAREERS – BUT AT WHAT COST?

WORDS BY WILL NICOLL - PHOTOGRAPHY BY ANDY PARSONS

01

HAVE YOU EVER USED ANABOLIC STEROIDS?

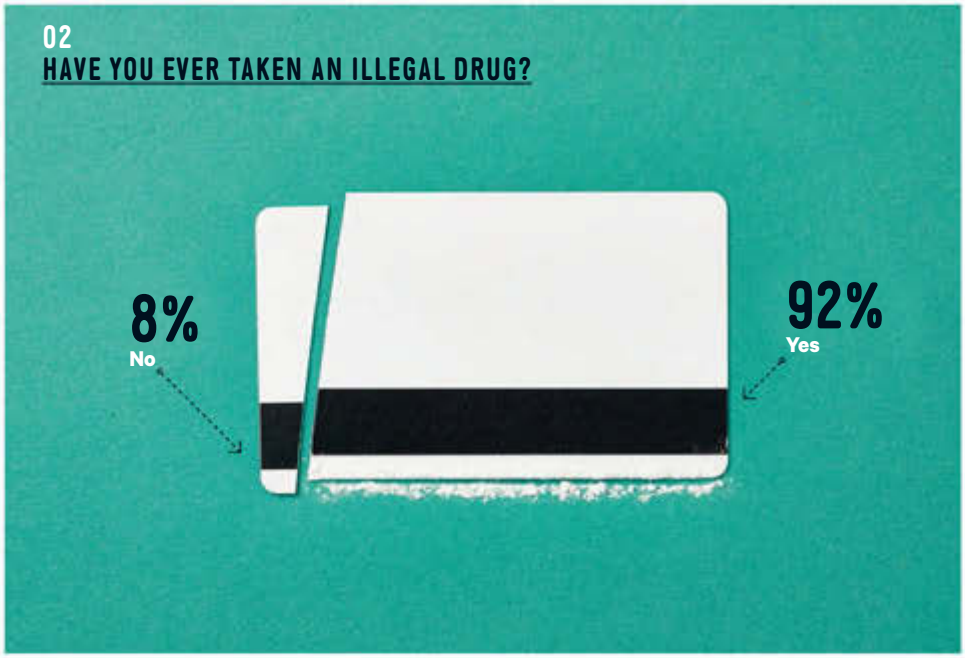


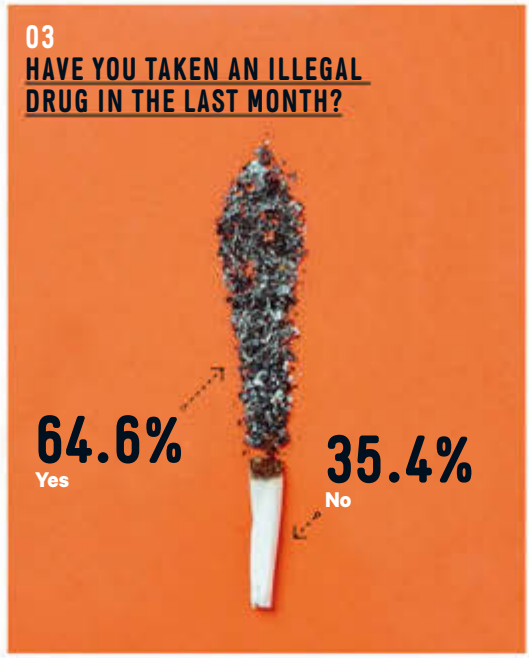
2%

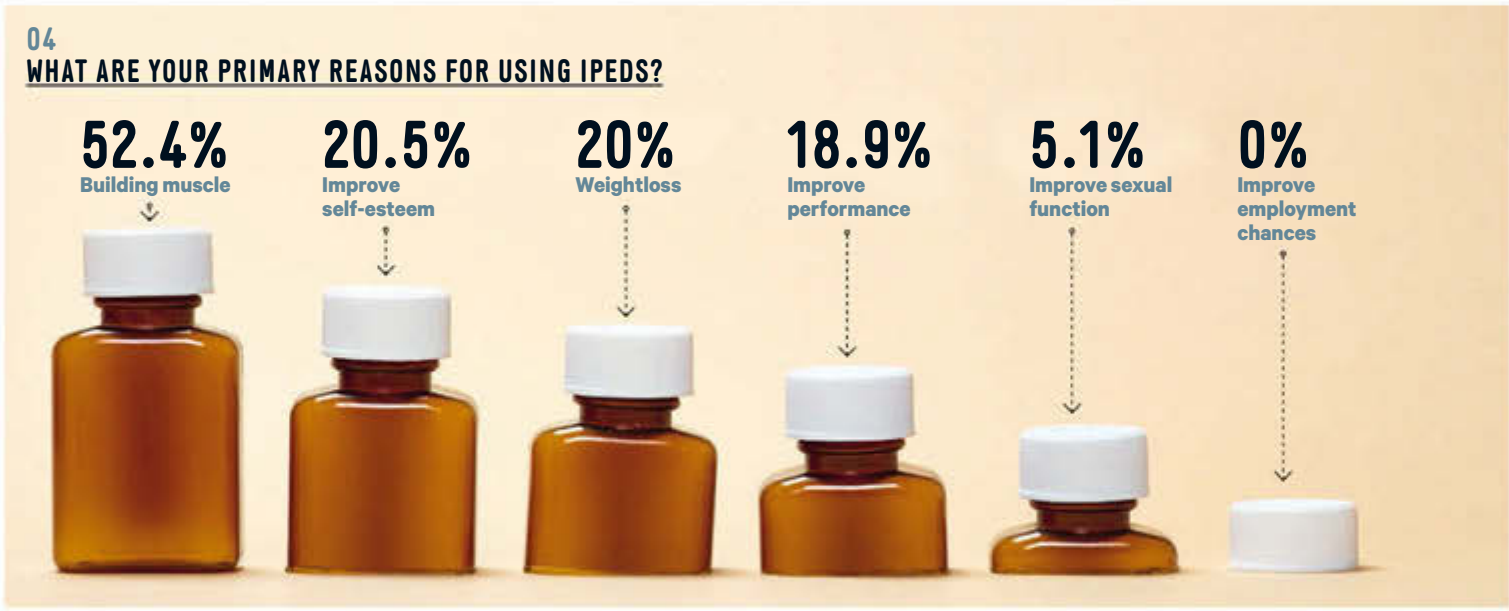
UK

1.6%

Rest of the world







Back in 1995, we could all more or less peg the typical steroid user across our gym's floor. He was a monstrously sized creature, whose bulging forearms told a harrowing story of late-night curls and veterinary medication. He was a simple man, with simple needs, delivered through the tip of a syringe. Size mattered, and little else.

Today, a very different sort of drug user wants to use your kettlebell; one who no longer earns his income by tending a cold pub doorway and fighting all-comers in the car park afterwards, but is a model employee, with a well-kempt garden and tastefully decorated home. One for whom appearances are paramount, and size is just one piece in a much more complex puzzle of vanity and insecurity. A man who has slipped under the radar (of both the medical and legal authorities) while taking an advanced cocktail of substances, silently engineering his body. He wants bigger biceps, lither abs, a sharper mind and longer-lasting sex. In short, he wants it all, and he's prepared to self-medicate.

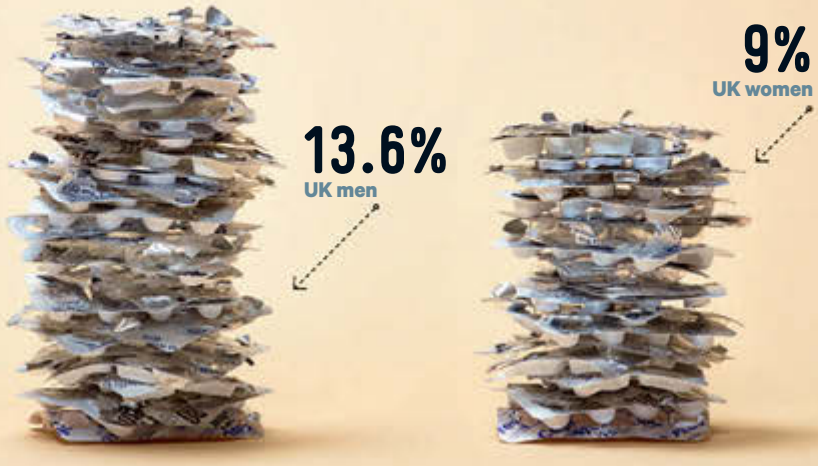
This is the man *Men's Health* discovered when granted exclusive access to the results of the Global Drug Survey, which provides the most detailed study of its kind on the substances which men smoked, sniffed and swallowed in 2014-2015. This guy works in your office; he plays on your five-a-side team; he might even be you. Welcome to the IPED Generation.

IPEDs (Image and Performance Enhancing Drugs) describe a whole new class of substances which are on the make. It's a complex category of pills and potions that change our exercise regimes, sex lives and physiques. They arrived in British offices, homes and gyms, via the medicated hinterland of American psychiatry, and, on some occasions, the Silk Road itself. These are drugs designed to give us an edge – whether that's mental, physical or sexual. They range from 10p-a-pop, over-the-counter caffeine pills that fuel an all-nighter, right through to banned stimulants such as Ephedra, and so-called 'fat burners', such as the pesticide DNP (or 2,4-Dinitrophenol), in the headlines recently for its potentially fatal side effects.

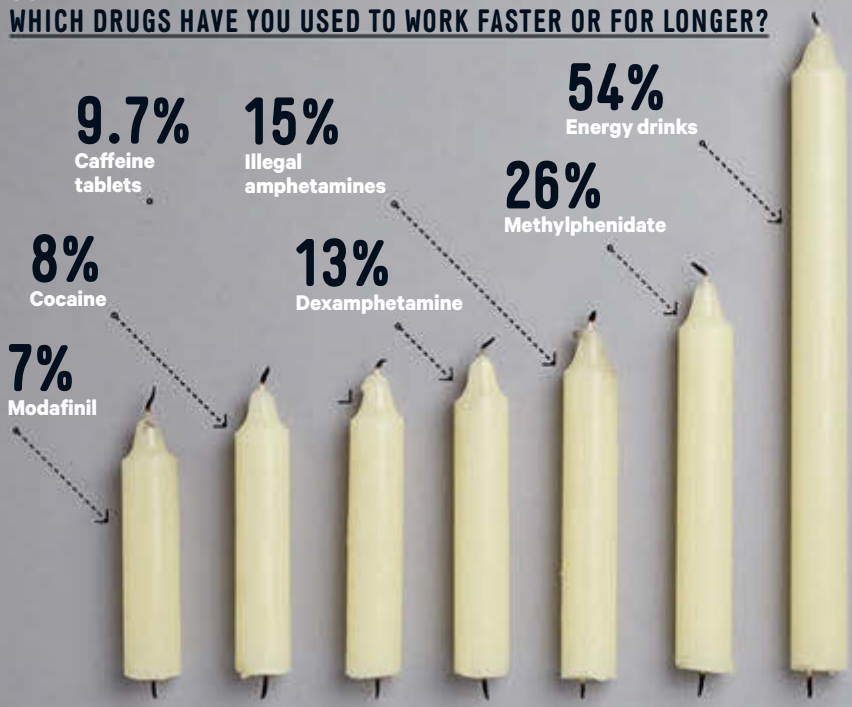
We've outgrown bodybuilder stereotypes and substances

Our motives for using IPEDs are very physical. This year, 52.4% of British users gave muscle gain as their primary motive for dosing. Improving self-esteem was second priority, the goal of 20.5% of

05
HAVE YOU EVER USED DRUGS TO HELP YOU WORK OR STUDY?



06
WHICH DRUGS HAVE YOU USED TO WORK FASTER OR FOR LONGER?



07
HAVE YOU EVER TAKEN WEIGHTLOSS DRUGS?



British men surveyed. A near identical number – about 20% of us – took IPEDs primarily to lose weight. Unlike Americans, who tend to rate work performance as a big reason for taking stimulants, we risk everything – from mild dizziness to death – in our pursuit of an improved physique.

The most infamous IPED is the anabolic steroid, and we've seen a recent spike in use. About 2% of British men admitted they'd tried a version at some point in their lifetime – roughly 600,000 of us – while 0.8% took the drug at some stage last year. This means that we British men use 25% more steroids than our American contemporaries and 32.5% more, per head, than other men worldwide.

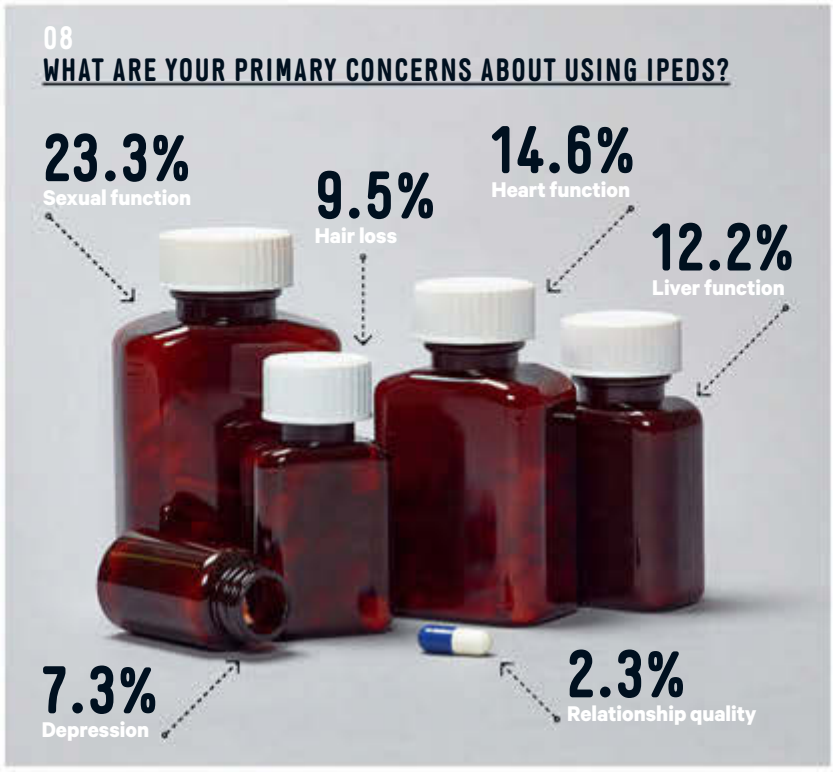
THE CORNERED MARKET

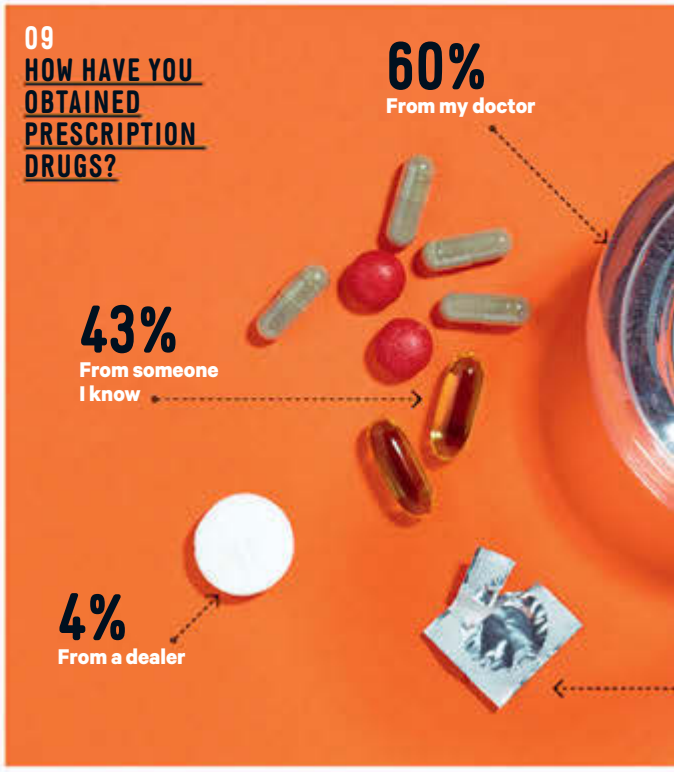
As Dr Adam Winstock, consultant addiction psychiatrist and the founder of the Global Drugs Survey explains, anabolic steroids remain big business. Users range from "elite sportsmen and gym junkies, to young guys who need to be buff for the beach, or stay on top for team trials". But anabolics are only part of the picture. The survey shows that, despite the recent rise in steroid use, British men are steering clear of the traditional, bodybuilding substances. "More and more people are exploring the web for synthetic versions of natural substances like growth hormone to assist with weightloss."

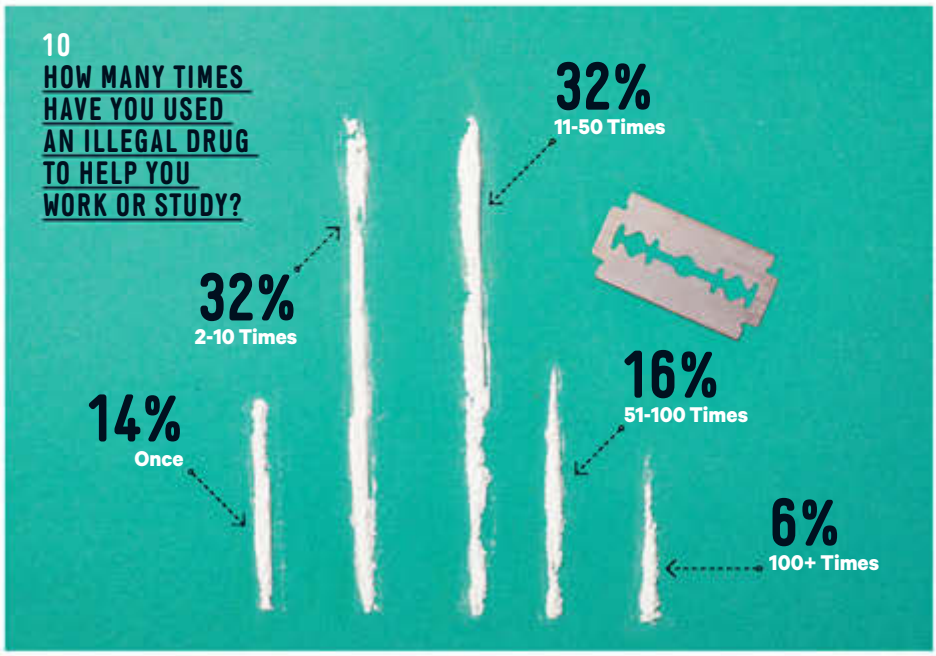
Dr Winstock's observations tally with the survey's findings. Only 0.4% of British guys are pegged for using drugs like the anabolic pill Finasteride, while the same proportion admit dosing with Human Growth Hormone. Members of the IPED Generation have outgrown bodybuilder stereotypes and the associated substances, opting instead for the complex drug mixes online. As Martin Chandler, a human enhancement drug researcher at Liverpool John Moores University explains, "The legal supplement industry has exploded, and incorporated a lot of the slang used in serious weight-training, quite deliberately, with very well-researched branding."

In other words, steroid-users slang is being used to sell new products online. As Chandler adds, "You will see the word 'stack' on lots of packaging. That's because steroid users 'stack' drugs in order to offset different side-effects, and steroids are seen as very effective training aids."

The internet has enabled the IPED Generation. No longer do you have to seek out a dealer by speaking to 'that guy' in the changing room at the gym. You're >









a few clicks away from a delivery of brocaine body-altering drugs, and not all of them legal. In fact, carts brimmed with illicit substances for 75% of men who shopped for drugs online. About 39% of male drug-shoppers added 'research chemicals' to their baskets – the innocuous name for life-endangering legal highs like so-called bath salts. We'll never necessarily know which drugs were bought for sheer, hedonistic value and which were acquired to buff-up but, as Chandler adds, "There will always be someone we know who takes training very seriously. If they want to get hold of more serious substances, they can now find them with relative ease online." And they are, in greater numbers than ever before. As Dr. Winstock adds, we seem like a nation that's attempting to "reinvigorate sagging sex-drives and self-beliefs" – and it's getting a bit sad.

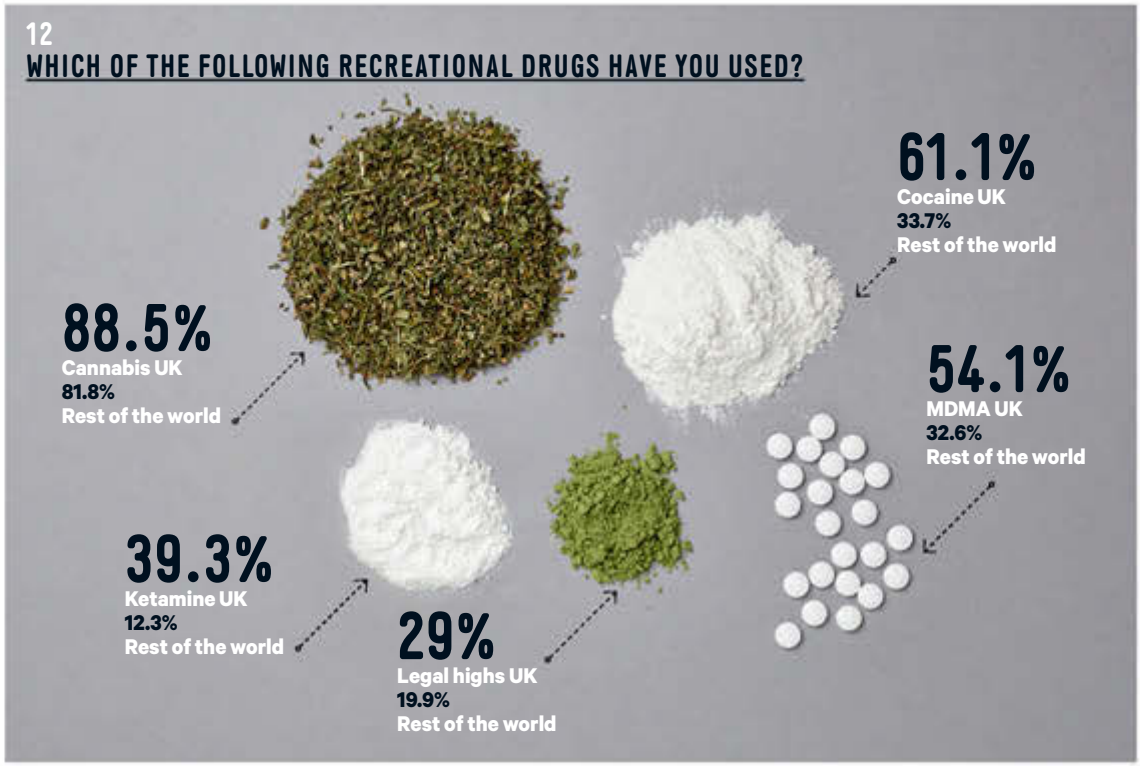
THE MAKING OF A MAN

Physical appearance, you see, is second only to our madcap obsession with sex. British men take a lot of 'sexual enhancers' – specifically Viagra, popped by a massive 6.1% of men surveyed. As a proportion of our population, we're downing more than either the US or the rest of the world report; but while it's no doubt having some effect, it's not helping our self-esteem. Even those favouring weightloss or muscle-growth chemicals over little blue pills, still fear the effects on their love life: 23.3% worry that IPEDs can interfere with their sexual function. It's clear from the data that we want to perform, in every sense.

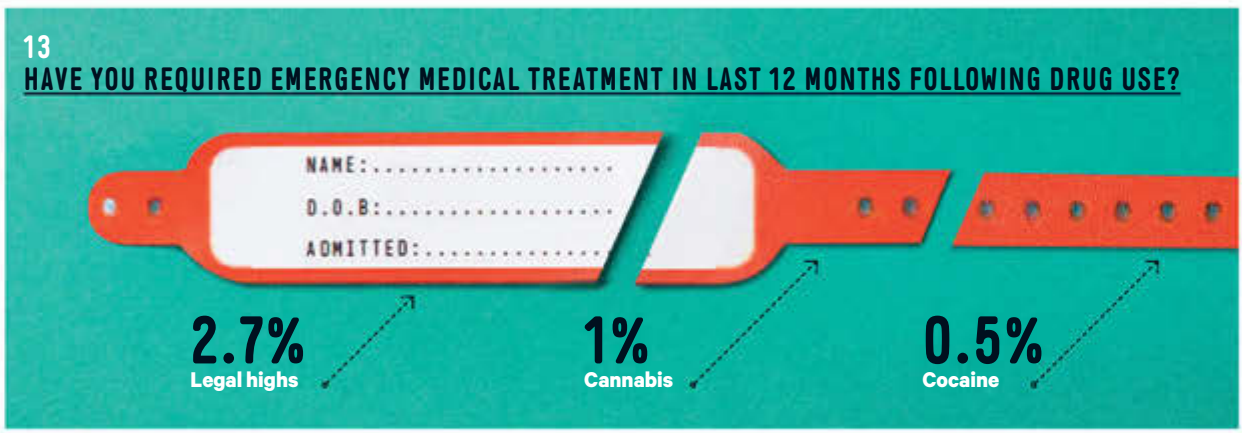
British men remain creatures of habit. Our use of the concentration booster Modafinil is still eclipsed by our faith in old school concentration improvers. Caffeine is one of the legal IPEDs, and makes a strong showing in this year's Global Drug Survey, with 54% of respondents admitting to using energy drinks, and 9.7% of men ingesting the

PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS









drug directly as tablets. And with either an undergraduate degree or university grade at post-graduate level – as 58.4% of respondents, possess – our level of education is significantly greater than the global average, calling bullshit on the myth of the wasted, ne'er-do-well layabout. The IPED man appears to be a uniquely British phenomenon, and wealthier, more educated and more self-absorbed than his international counterpart.

Taking a Pro Plus might be only a little more extreme than a double-espresso of a morning, but needless to say, the sheer number of potential health problems linked with unregulated, uncontrolled and illegal IPEDs is enormous. Big risks surround the new landscape. "We're talking about a vast number of drugs, which can lead their new users to face any number of serious health complications," Dr Winstock says. Aside from the testicular shrinkage or atrophy that blights steroid users, and the growth of man boobs (gynecomastia) which the study shows they fear, there are many more day-to-day risks associated with IPED consumption. "This could range from erectile dysfunction to having a stroke," Dr Winstock adds. "Many of these drugs remain untested. It's unsurprising that the mix of research chemicals [legal highs] with alcohol, for example, is responsible for the most hospitalisations."

Viagra may work, but it's not helping our self-esteem

In fact, the amount of care sought for research chemical ingestion in the last 12 months is more than the figure for alcohol, cocaine and ketamine combined.

There are at least some signs that British men are making positive decisions when it comes to their drug use. They are safer cannabis smokers – preferring pure cannabis to tobacco joints. Only 59.6% smoked cannabis with tobacco, versus 71% elsewhere.

We're still, however, determining which drugs we take on the basis of appearance. It's clear that British drug use, according to the 2015 Global Drugs Survey, is a bit different to the £20-a-pill hedonism of the '90s, and the cocaine grind of the '00s. Yes we still consume more recreational drugs than most around the world, but where we're really taking the lead – in the worst possible way – is with anything promising to make us look better, think quicker and perform longer. The IPED man feels a very real pressure to look a certain way, and is pragmatically using every resource at his disposal to reach his goal. It's a natural drive, but doesn't account for the damage he's doing inside. The desire to change – and the tools provided on these pages – remain your smartest performance aids.

GET SPEEDO FIT
YOU HAVE THE WILL. WE HAVE THE WAY.

A MASTER STROKE

HALFWAY THROUGH THE SPEEDO CHALLENGE, ALEX IS MAKING HUGE PROGRESS. IF YOU'RE NOT ALREADY INVOLVED, NOW'S YOUR TIME TO TAKE TO THE WATER

Swimming is all about technique; slowly perfecting your form so you can enjoy the ride. But the results come fast. Very fast. For both your fitness and physique, time in the water brings quick and long-lasting results. That's what people across the nation are discovering with the six-week #getspeedofit challenge, as they swap the gym for the swimming pool to revamp their bodies. We're three weeks in. And change is happening.

Persistent work in the water is a high-yielding investment: your effort pays dividends to your lung power, your muscular endurance and your overall, full-body fitness. It can help iron out old injuries and boost your day-to-day energy levels, plus it's one of the most cost-effective ways to train out there. Six weeks does a lot, but so will three, which means it's not too late to grab your goggles and join us at the deep end. As our challenger's story attests, your body will thank you for investing.



ALEX HEMSLEY'S PROGRESS REPORT

Alex Hemsley, 26, from Cambridge

"Two to three lengths used to leave me gasping; now, I can do 20. Technique held me back, but Speedo swim coach Dan's advice streamlined me - legs high, tense your core! My fitness has soared, the Speedo Biofuse paddles have upped my strength, plus my muscles are growing."





FOLLOW ALEX'S PROGRESS USING #GETSPEEDOFIT AND TAKE PART



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We've lined up the perfect tools to help you cut through the water with ease - and in style

LONG AND SHORT

For greater speed, it pays to be more aware of your body. Comfortable compression panels on the Speedo Fit Pinnacle Jammer Shorts encourage muscle awareness, which can help streamline your position.

HAVE A VISION

In the water, if you want to develop your body and fitness fast, every second counts and the hydrodynamic Fastskin Elite Mirror Goggles ensure you're streamlined. And fog won't be slowing you down.

HELPING HAND

Designed to work in tandem with your body's biomechanics, the Speedo Biofuse Paddles strengthen you where it counts most: the shoulders and major muscles in your back, which drive and control your dragging movements in the water.

NOW GO TO GREATER LENGTHS

To play your part in the ultimate fitness challenge, and to see the prizes up for grabs, check out the below link. Join the discussion with other challengers with the hashtag **#getspeedofit**

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FAT-STRIPPING WORKOUTS FOR THE TIME-POOR MAN
P/140



THE DO-ANYWHERE SHOW OFF MOVE
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DIRTY PROTEIN
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BECOME A MASTER OF THE BAR
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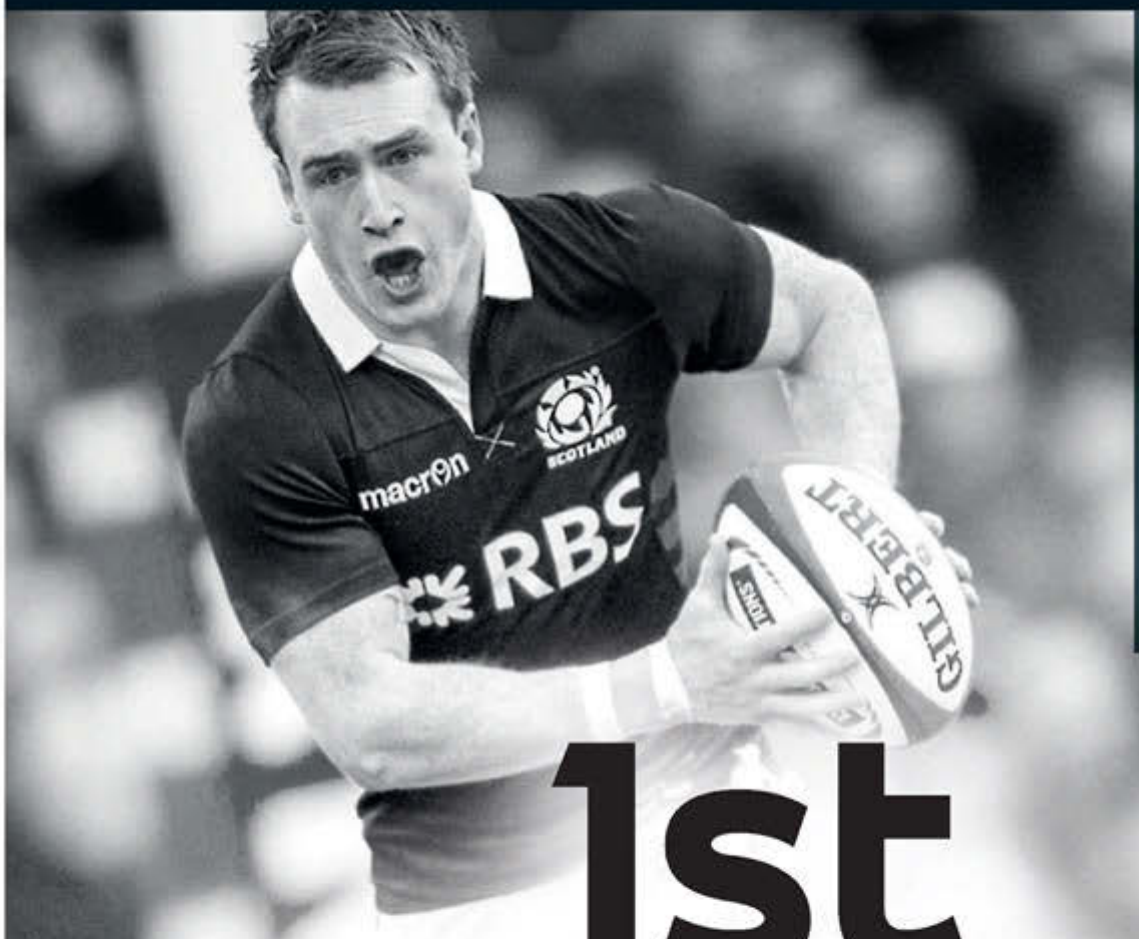


TURBOCHARGED FUEL IN 10MIN
P/135



CHANGE YOUR GEAR TO CAUSE A SPLASH
P/149

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Stuart Hogg
Scotland Rugby International

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POWER SAUCE #08

FLAT-PACK DIP

The probiotics promote smooth digestion, while herbs beat the bloat that frustrates your abs work. Pair with crudités (or breadsticks)



Put 250g full-fat Greek yoghurt + ½tsp coriander + 2 garlic cloves + juice of 1 lemon in a blender. Blitz



Add ½ cucumber + handful of mint and blitz for a further 10-20sec, so your dip still has some texture



ABS-REVEALING TZATZIKI

Apply liberally (to food, not abs)

MICROWAVE MUSCLE #09

THE GREAT BRITISH BULK UP

'Bake' flaky salmon in your office kitchen and tuck into the same amount of muscle fuel you'd get from a protein shake while becoming the envy of all your sandwich-munching colleagues



YOU WILL NEED...

- A salmon fillet
- Lemon, ½
- Salt and pepper
- Pre-cooked rice, 125g
- Bag of mixed green veg

TIME TO MAKE

10 minutes

NUTRITIONAL VALUE

464 calories
25g protein
4.5g sat fat



0-1 MINUTE

First, the seasoning. Squeeze some lemon juice over the fish and add salt and pepper. If you have a microwaveable steamer, place the fish on top. Or just pop the fillet in a dish and cover tightly with cling film.



1-3 MINUTES

Open the packet of rice at the top and squeeze in the rest of the lemon juice. Slide the fruit wedge inside. Now cook the rice as per instructions. Use this time to hunt around for a clean plate.



4-10 MINUTES

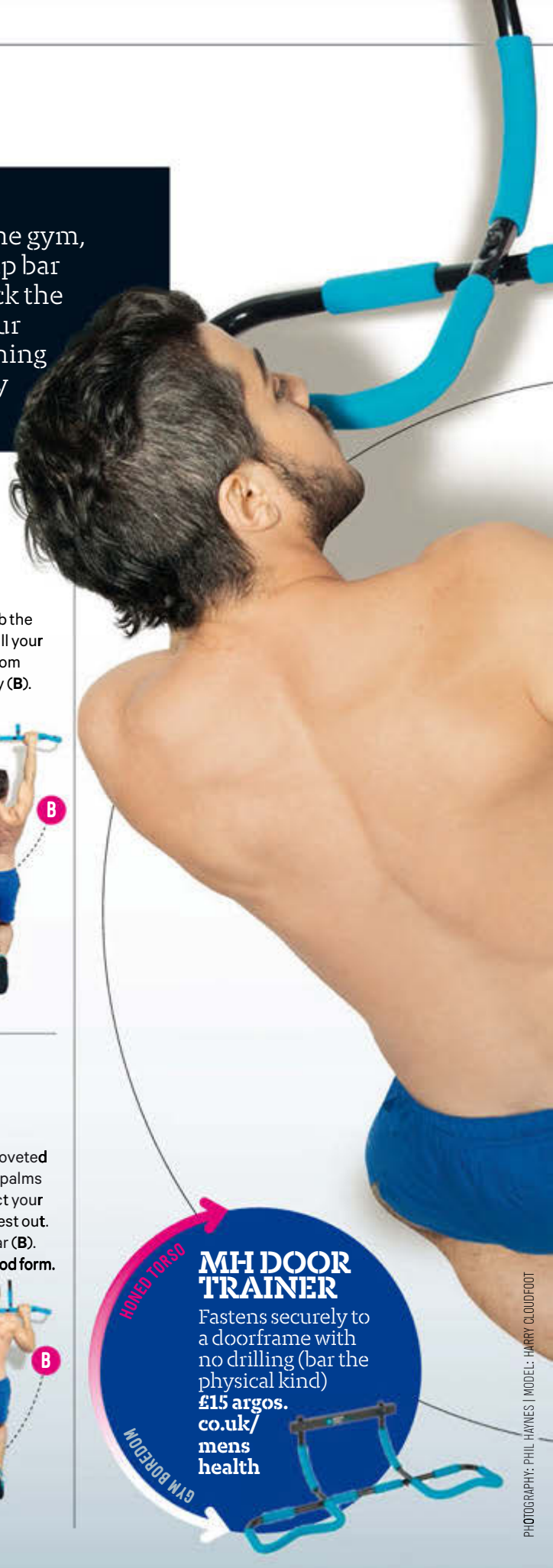
Finally, bake your fish. Give it 3-5min, adding the veg for the final minute and a half. Flake the fish with a fork, place it on the bed of rice and serve with greens on the side. Best enjoyed at your desk.

WORDS: ANNIE RICE | PHOTOGRAPHY: ANDY PARSONS AT HEARST STUDIOS

1 BIT OF KIT, 10 WAYS #06

HANG YOUR EXCUSES FOR GOOD

If you can't get to the gym, chin up. The pull-up bar allows you to unlock the full potential of your most effective training partner – your very own bodyweight



01 STANDARD CHIN-UP

3 SETS OF 10 REPS

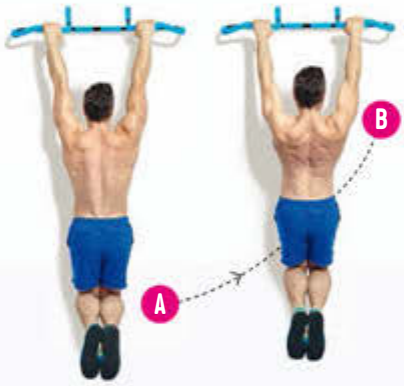
Your first order at the bar: take hold of it with palms facing you. Pull yourself upward until your chin is level with the bar (**A**), hold for a moment, then lower yourself until your arms are fully extended (**B**). One deep breath, then go again.



02 HANGING REVERSE SHRUG

3 SETS OF 8 REPS

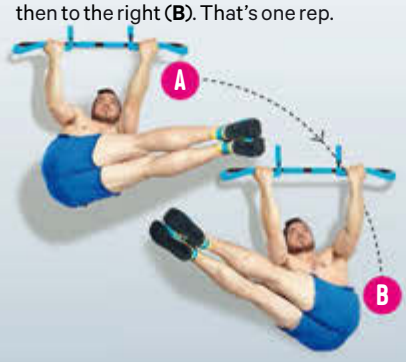
This strengthens your back and shoulders, plus pulling power. Grab the bar with arms straight (**A**), then pull your shoulder blades down and away from your ears to lift off the floor slightly (**B**). Hold for a moment, then relax.



03 WINDSCREEN WIPERS

3 SETS OF 10 REPS

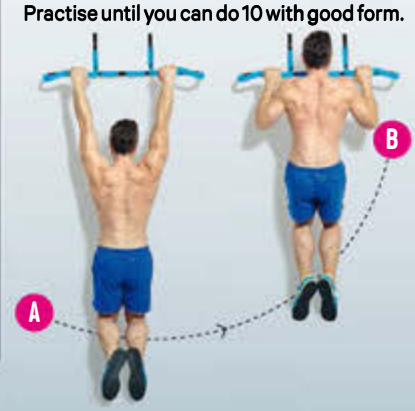
Gymnasts' abs aren't made on the sit-up machine. Grip the bar, palms facing you, and raise your legs up until they're almost vertical. Brace your core as you swing your legs as far as possible to the left (**A**), then to the right (**B**). That's one rep.



04 STANDARD PULL-UP

3 SETS OF 10 REPS

Pull-ups are your shortcut to the coveted V-shaped torso. Grab the bar with palms forward (**A**), arch your back, retract your shoulder blades and push your chest out. Pull up until your chin clears the bar (**B**). **Practise until you can do 10 with good form.**



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AT W ATHLETIC | GROOMING: SABINE CHAMMAS
SHORTS H&M, SHOES ADIDAS ZX 500 AT JD SPORTS

05 INCLINE WIDE PRESS-UP

3 SETS OF 12 REPS

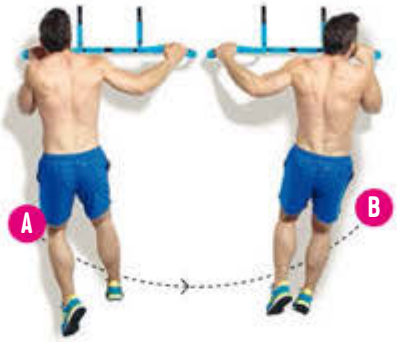
Floor it: put the bar down and assume a press-up position with a wide grip (**A**). Keeping your body straight, lower your **chest to the bar (B), then push back up.**



06 CLIMBER PULL-UP

3 SETS OF 10 REPS

Begin in a pull-up position, palms forward. Pull up. At the top of the move shift weight to the left (**A**), lower and repeat on the other side (**B**). Hang tough.



07 AROUND THE WORLD

3 SETS OF 8 REPS

Work your abs from every angle. Lift legs until your feet are above the bar (**A**). Circle your legs through 90 degrees one way (**B**), back to start, then the other way.



08 NEGATIVE CHIN-UP

3 SETS OF 10 REPS

Stand on a chair underneath the bar, grab it with palms facing you (**A**), tense your biceps. Step off and lower yourself until your arms are extended (**B**). Repeat.



09 BEHIND NECK PULL-UP

3 SETS OF 8 REPS

Hold bar with palms forward (**A**), then lean your upper body forward slightly and pull up until the back of your neck touches the bar (**B**), to hit your lats harder.



10 EXPLOSIVE PULL-UP

5 SETS OF 5 REPS

With an overhand grip, pull up fast (**A**) so you can jump your hands in to a narrower grip (**B**). Lower down slowly, then repeat, switching back to the original grip.



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HOW CAN YOU BUILD ABS IN THE SUNSHINE

You need to get out more. Training al fresco has proven benefits for mind and physique. Make the park your playground for these bodyweight gains

COUNT ON YOUR REPS

Make your goal something you can do – 10 pull-ups, a muscle-up – not what you can see. By the time you reach it, you'll *look* like someone who can do that anyway. Concentrating on aesthetics can become counterproductive as your perception of your body changes; the goalposts move.

LET IT



FORGET THE BENCH

Yummy-mummy triceps dips on park benches aren't just less effective, they put you at risk of shoulder injury too. Use some parallel bars instead. Lower until your elbows are at 90 degrees to work through a full range of motion and boost triceps, chest and shoulder growth.



DON'T GRIP, GRASP

Maintaining a hold with your thumb sat on top of your fingers – not curled next to your palms – increases the strength and muscular endurance of your forearms. And because your forearms are usually first to fatigue, this new power lets you work harder on filling out your T-shirt.

HAVE LESS IMPACT

Your joints aren't made to withstand concrete, which means power-boosting plyometrics could wear them down. Perform your squat jumps and bounds on the rubber matting around park equipment to burn fat without feeling the fire in your knees.

CALL FOR BAND AID

If you're a recent initiate to the calisthenics club, don't jump straight into muscle-ups or you risk injury. Break up complex moves into stages and practise each individually. A resistance band (£25*) turns any horizontal bar into an assisted pull-up machine. It's a whole lot less embarrassing than dislocating your shoulder.

THROW IN THE TOWEL

Something to wipe down slippery-when-wet bars is handy. But a towel can also supercharge your grip strength. Loop it over, take an end in each hand and do five chin-ups. This upgrade will boost your bench press when you retreat to the warmth of the gym come winter.

ALL

STICK IT IN NEUTRAL

Swap standard pull-ups and chin-ups for a 'neutral grip lift' – just as effective, but kinder on your wrists and shoulders. Hang sideways from the monkey bars, palms facing each other, and pull until your shoulders graze the bars to hit your back and biceps in one rep.

SUSPEND DISBELIEF

Get yo' ass off the grass and head to the bar. Whether it's from a climbing frame or a swing set, hanging moves work your abs through every plane of movement. Perform leg raises and window wipers to hit the core muscles your crunches will never reach.



HANG OUT



EXPERT Chaka Clarke

PROFESSION London's king of calisthenics and the founder of outdoor fitness collective Spartanfam, Clarke has the knowledge to make workouts more than a walk in the park

CONTACT spartanfam.com

*MEN'S HEALTH RESISTANCE BANDS SET ARGOS.CO.UK | ILLUSTRATIONS: PETER JAMES FIELD AT AGENCY RUSH

EPOC WEIGHTLOSS

BURN DOUBLE THE BODY FAT IN HALF THE TIME

We've used heavyweight sports science to condense an hour of metabolic conditioning into two quickfire workouts that will lay waste to calories rather than your lunch break. They are, we confess, pretty hard. But half an hour (or less) of willpower is all it takes. Hold on and watch the weight drop off



THE DIRTY 30

All you need to harness your body's fat-burning potential is 30 minutes and a barbell. You'll hold that barbell until all 50 reps are complete, moving from one exercise to the next without rest. It's filthy, but you'll send your cardiovascular system into overdrive and trigger a massive Excess Post-exercise Oxygen Consumption (EPOC) to keep on burning long after you've dropped the thing. Pick a modest weight and do as many rounds as you can in half an hour.

01
DEADLIFT
10 REPS

This powerlifters' staple yanks you up to your metabolic threshold faster by hitting your legs, back, core and forearms in unison. Begin in a squat position with your arms straight and your back neutral (**A**). Lift the barbell, keeping it close to your shins until you reach your knees, then drive your hips forward until you're standing tall with the bar hanging in front of your thighs (**B**).

02
BARBELL PRESS-UP
10 REPS

This engages every muscle group in your upper body, while the instability of resting on a barbell works your abs, hard. In a press-up position, take a shoulder-width grip on the bar, keeping your body straight from head to heels. Lower your chest to the bar (**A**), bracing your core to stop it rolling. Now explode up until your arms fully extend (**B**). Progress to the next move, but don't let go of the bar.

PHOTOGRAPHY: STUART HENDRY | MODEL: LEE PHILLIPS AT APM | GROOMING: SABINE CHAMMAS | SHORTS



03
BENT OVER ROW
10 REPS

Jump up with the bar and bend forward at the waist until you feel a light stretch in your hamstrings. This move hits your lats and biceps, plus your core works to stop you falling forward, which by this time will be a distinct possibility. With your arms in a dead hang beneath you (**A**), row the bar forcefully toward the base of your chest, keeping your elbows tight to the body (**B**). Lower under control.

04
FRONT SQUAT
10 REPS

This switches the emphasis to your quads and glutes. From a standing position, pull the bar toward your chin and flip your elbows underneath. The bar should rest across your chest with your hands supporting it on either side (**A**). Lower yourself into a deep squat until your thighs are parallel to the floor (**B**). Keeping your spine neutral, drive up hard through the legs to the start position.

05
OVERHEAD PRESS
10 REPS

Your final move primarily targets your delts – which should be your only muscle group with anything left to give. With the final squat done, widen your grip on the bar to shoulder width (**A**). Press the bar directly above your head until your arms are extended (**B**), then lower under control and repeat. With a full circuit complete, take 60 seconds' rest before starting the circuit again.

THE SPEC

MUSCLES TARGETED

WORKOUT
30
MIN

RESULTS IN
4
WEEKS

LEVEL
HARD

TOPMAN; SHOES NIKE AIR MAX TAVAS SD AT SCHUH.CO.UK | | ADDITIONAL PHOTOGRAPHY: GETTY



EXPERT James Conci-Mitchell
EXPERIENCE Fitness writer and founder of Six3Nine, Conci-Mitchell creates 12-week transformation plans for his time-poor clients.
CONTACT @JCMFitness / six3nine.com

20/20 FISSION

If you're up against the clock but want to bring body fat down, this combo of three supersets will improve your reflexive strength and coordination, while helping you hang on to lean mass. The science? Working one muscle group while leaving another to rest allows your body to operate at its metabolic limit for longer. Do each pair of moves three times, rest for one minute, then move on to the next superset. Your 20 minutes of nuclear fat burning starts now.

SUPERSET

01 SPIDER-MAN PRESS-UP

10 METRES

You won't need a skyscraper, just some limb coordination. The Spider-Man press-up walk builds joint strength and stability by working all your muscle groups. Begin in the press-up position with your body in a straight line, then move your left hand forward and draw your right knee to your right elbow (**A**). Lower your chest to the floor (**B**), then move your other hand and foot forward. Crawl 10m.

02 WALKING LUNGE

20 METRES

You're a third of the way through already. Stand with a dumbbell hanging in each hand, then step forward until your rear knee is 1in from the floor (**A**). Drive through the front leg and lift your rear knee so your raised thigh is parallel to the ground (**B**). Step forward with your raised leg and repeat on other side. Move 20m, then do the Spider-Man again. After three sets, take a 60-second rest.



SUPERSET

03 KETTLEBELL SWING

20 REPS

As fat's nemesis, the kettlebell was sure to feature. The swing is a calorie-torching move, but easy to get wrong. Pick a modest weight, then hold the kettlebell with straight arms between your legs (**A**), bend forward from the hips until you feel a stretch in your hamstrings, then drive your hips forward so the kettlebell swings out to chest height (**B**). Three sets in all. Then straight to the Smith machine.

04 HANGING ROW

10 REPS

After a minute's rest, set the smith machine bar at waist height. This bodyweight move hits the back and biceps, and performing it at high intensity maximises the metabolic hit. Hang under the bar with your legs at full stretch in front of you, with your body forming a straight line and your back a few cm from the floor (**A**). Pull your body up until your chest touches the bar (**B**) and lower yourself under control.

SUPERSET

05 RUSSIAN TWIST

10 REPS EACH SIDE

We'll let you take a seat for this one. Russian twists target your obliques, allowing the rest of your body time to recover from its ordeal. Sit on a gym mat, holding the ball out in front of you, then lean back slightly and raise your feet a few cm off the floor. Rotate your shoulders to the right and touch the ball to the ground by your side (**A**), then lift the ball back over to touch it down to the other side (**B**).

06 OVERHEAD SLAM

10 REPS

The finale. Ball slams hit a range of muscles, burning up any last energy reserves (and calories). Grab a suitably weighted ball and raise it above your head, then slam it into the floor (**A**). Squat down to grab the ball then drive your arms up so it leaves your hands, catching it above your head in the starting position (**B**). Three supersets in total, please. Then enjoy the rest of your lunch break.

THE SPEC

MUSCLES TARGETED



WORKOUT
20
MIN

RESULTS IN
4
WEEKS

LEVEL
MED

SHORTS UNDER ARMOUR, SHOES NIKE SB STEFAN JANOSKI MAX AT SCHUH.CO.UK

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PHOTOGRAPHY: JAMES WOJCIK

GET TO TEN #06

BE A MAN WITH A PLANCHE

It's not as showy as a handstand pushup, but for the bodyweight elite, a planche is *the* benchmark of strength. Just holding it for 10sec takes extreme dedication and muscular control. Show us yours to win prizes – and props



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Pick a cool spot, nail 10sec and post your video using our hashtag to win a pack of supplements
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/menshealthuk
MensHealthUK

01/ HANDS DOWN
Place your hands either side of your body in a press-up position and spread your fingers for balance. This is where things get a bit different. Gradually start to shift your weight forward. Turn your fingers to the side to reduce wrist strain.

02/ FEET UP
Once your elbows are bent to 45 degrees or so, brace your abs hard and allow your feet to raise up off the ground. Bring your knees to your chest. And if you feel like you're going to faceplant, don't panic; just put your feet down and start again.

03/ HOLD ON
When you're feeling solid in the tuck position, start straightening your legs. A wide 'straddle' position is best for balance, but 'purists' will keep their legs together and arms locked. Whatever you do, look forward, keep your back straight and grimace.

PHOTOGRAPHY: STUART HENDRY | MODEL: JAMES STARK AT W ATHLETIC | GROOMING: SABINE CHAMMAS

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FIRST GEAR #08

POOL YOUR RESOURCES

For a V-shaped body with tan-ready abs, hit the water: it's the perfect mix of resistance and cardio. But you're going to need more than budgie smugglers



RAVING, NOT DROWNING

Lengths dragging you down? Plug in: tracks over 130bpm help slash pool times. The design of this MP3 player means there aren't any trailing wires.
Sony Waterproof MP3 £55 sony.co.uk

SEE SURE

Good goggles not only prevent bloodshot eyes; they also help with spatial awareness underwater. These anti-fog lenses will sink the odds of a crash.
Zoggs Phantom Elite £11 simplyswim.com



DOUBLE FLOAT

Kicking your technique up a level takes practice. This float helps you isolate either your upper or lower body while the other half takes a breather.
Speedo Elite Pullkick £7 simplyswim.com



DRY LAND

Don't splash out on pricey waterproof bags – at a few pennies a pop these plastic sacks will line your rucksack to protect any office paperwork from soggy swimmers.
£1.50 tesco.com



THE CLAIMS DO HOLD WATER

These one-size-fits-all, leak-proof Zoggs mean more swimming and less fiddling

FIN BLUE LINE

As well as improving your speed, a pair of resistance fins will add bulk to your legs, and build your abs in time for summer. Or Rio 2016.
Speedo Biofuse Fin £15 simplyswim.com



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garmin.com

ON THE PULL

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Speedo Tech Paddles
£9 simplyswim.com



PAD OUT YOUR TRAINING PLAN

These tech paddles are designed to correct your hand position, improving your stroke form

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In the local lido or Lake Windermere, buoyancy is key. These 'wetsuit' shorts will help you skim the surface like Michael Phelps, not a trawler.
Neoprene Shorts £47.50
racezone3.com



MIST OPPORTUNITY

A pea-sized smear of baby shampoo on the inside of your goggles stops them steaming up and you from straying into the wrong lane.
Johnson's Baby Shampoo
£1.75 boots.com



FLOTATION ADVICE

Use British Triathlon coach Fiona Ford's three tips to breathe life into your crawl. You'll never feel out of your depth again



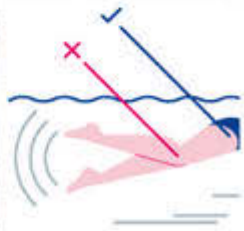
WATER WINGS

Keep elbows high and forward throughout the stroke. This incorporates your lats, to take strain off your shoulders and boost propulsion. Put your back into it, in other words.



UNDERWATER BREATHING

Expel air between breaths to streamline your stroke for extra speed. A full chest floats, and sits higher in the water than your hips and legs, which creates drag.



THE ENGINE ROOM

Lock your knees and kick from the hips. You'll use your larger quad and hamstring muscles for a significant power boost. And you won't splash like a motorboat.

PHOTOGRAPHY: LOUISA PARRY | ILLUSTRATIONS: ALCONIC AT SYNERGY ART

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STYLE

THIS WAY TO THE BEACH



INSTANT UPGRADE

Get away with it all

This money-looking travel wallet will take your trip abroad – and holiday admin – to cruising altitude

PHOTOGRAPHY – TAL SILVERMAN

Despite the dawning of the digital age, international travel still involves more tedious documentation than filing a tax return. But there's a neat, pleasingly analogue solution that will see you flying through check-in quicker than George Clooney in *Up In the Air* after necking Nespresso.

"A compartmentalised travel wallet will save you wasting time scrabbling around for your passport," says Damien Paul, globetrotting head of menswear at matchesfashion.com. "Not to mention the rising sense of panic. Look for one in grained leather, which won't be as noticeably dented by any keys or loose change." (Especially if you keep said shrapnel in the handy 'Currency' slot.) Play your boarding cards right and you might even land an upgrade.

This Smythson number has berths for your Passport, Boarding Pass, Tickets, Currency and Other – for that superfluous Google Maps printout you always take just in case but never need

TRAVEL WALLET
£335 SMYTHSON

WORDS: JAMIE MILLAR | STYLING: ERIC DOWN

THE MANUAL

Depart from the norm

Swerve the common holiday pitfall with MH's guide to smarter packing. Leave your cares behind, not your essentials

PHOTOGRAPHY – TAL SILVERMAN STYLING – ERIC DOWN



01 LUGGAGE CHARGE

This neat tablet case boasts a battery pack to top up in transit and a unique ID number for when you inevitably leave it in the back of the seat in front.
£119 knomobags.com

02 OVERSEAS CALLING

The Galaxy S6 Edge, well, edges it with a battery that lasts three hours from just 10 minutes' charge, plus the planet's most powerful mobile camera.
£600 samsung.com/uk

03 SUPER SONICS

Like Pacman, these headphones are light but pack a punch. Unlike him, they fold flat and block noise (crying babies, duty-free announcements).
£150 philips.co.uk

04 BRIGHT IDEA

'If it ain't broke...' doesn't always apply: take aircraft maintenance. Or Ray-Ban, which uses plane tech to make its new Liteforce Wayfarers harder and lighter.
£120 Ray-Ban at Sunglass Hut†

05 MULTIPLE CARRIER

Inspired by the iconic (and on-trend) MA-1 flight jacket, this orange-lined carry-on can be a messenger bag or a rucksack.
£375 Porter-Yashida & Co mrporter.com

06 FLIGHT SUIT

Scrunch up this blazer if needs be – its crease-resistant cloth means you'll still land looking a million units of local currency.
£515 (trousers £200) paulsmith.co.uk

07 THROW AWAY

Folding to matchbox size, this travel blanket can be deployed when the cabin temperature dips over Greenland, and on the beach (unless you land in Greenland).
£18 matadorup.com

08 TIME FLIES

Crossing time zones like a Gallifreyan? Citizen's Satellite Wave F900 can display two at once and auto-updates to local time within three seconds.
£1495 citizenwatch.com

09 SCENT PACKING

What's worse than a confiscated fragrance bottle? A smashed one. This 30ml spray comes in a leather case with snap-opening for a quick refresh on landing.
£74 uk.acquadiparma.com

10 QUALITY FILTER

Skip the overpriced airport coffee and in-flight 'java': this all-in-one portable maker lets you grind and brew your own beans anywhere with hot water.
£65 cafflano.com



Choose protection

Forgetting suncream is a dumb move; so is selecting the wrong kind. Pick from MH's crop of the creams

HOW ACTIVE WILL YOUR HOLIDAY BE?

It's a holiday, not a rest week

Water-resistance is crucial, whether you're swimming in sweat or in the sea. "UVB rays penetrate below the water's surface," says dermatologist Dr Nick Lowe. *Garnier Ambre Solaire UV Sport Mist SPF50 £17*

Fly and flop

HOW OLD ARE YOU?

Club 18-30

DO YOU STILL HAVE SPOTS?

Zit happens

"The last thing you want is anything that blocks pores," says Lesley Corridan of The International Dermal Institute. "Use water-based or oil-free matte products." *Dermalogica Oil Free SPF30 £39*

My bacne is behind me

HAVE YOU STILL GOT HAIR?

I'm the mane man

Use clag-proof transparent spray. "I see a lot of men with skin cancers on their heads," says Dr Bav Shergill of the British Association of Dermatologists. *La Roche-Posay Anthelios Spray £17*

It's a solar panel for a sex machine

WHAT'S YOUR COMPLEXION?

As pale as almond milk

You've thrice the chance of malignant melanoma so aim high: SPF50 blocks 97% UVB rays, 15 just 93%. "Studies suggest the extra 4% is significant," says Lowe. *Eucerin Body Sun Spray SPF50 £17.50*

Mediterranean, like my diet

Lucky you. But you're still not using enough cream. "Apply at least a teaspoon of SPF15 to your face and neck and an eighth of a cup on the body," says Corridan. *Ambre Solaire Protection Lotion £6.50*

Look for 'broad spectrum' on the bottle. "This means it screens out both UVB rays, which cause burning, and UVA, responsible for ageing," says Lowe. *SkinCeuticals Sheer Mineral Fluid SPF50 £35*

Saga Cruise

WORDS: JONATHAN THOMPSON. LEE KYNASTON | ILLUSTRATIONS: JAMES GRAHAM | †0844 264 0860

WARDROBE CLASSIC

Pride of breton

Sartorial shorthand for summer, the trans-seasonal striped top should be in every man's locker – not just the French

PHOTOGRAPHY – TAL SILVERMAN



BRETON TOP £50 ARMOR-LUX AT OIPOLLOI.COM

Perpetually 'en pointe', as they say across La Manche, the breton – first worn by fishermen in Brittany – is no mere stripy top. It's a full-blown French icon frequently sported by other Gallic national treasures, from Jean Pauls Gaultier and Sartre to Marcel Marceau and Jean Genet. Pablo Picasso 02 – Spanish, but resident for most of his life in France – practically lived in his.

Although it became part of the French navy uniform in 1858 (the 21 stripes are said to mark Napoleon's naval victories – yes, it is *that* French), the breton is so wearable, its civilian countrymen hardly needed to be ordered to do so. Due to its collarbone-surfing boat neck and loose sleeves for ease of movement (and removal when overboard – also handy on the beach), **it's a cool, slouchy choice for summer that evokes the sun-kissed Riviera** – thanks in no small part to Cary Grant in *To Catch A Thief*.

The breton's versatility is hard to overstate. With its graphically direct white and navy hoops (said to help make sailors more visible if they fall in the drink), traditional styles – try long-standing specialist French makers Armor-Lux, Saint James, Orcival or, more recently, Guy Cotten – are **as at home with jeans or chinos as under a tailored jacket**, although a gold-buttoned blazer might be pushing the boat theme too far.

Lee Marvin wore one under a biker jacket in *The Wild One*. James Dean 01 wore one under a blouson. Ernest Hemingway wore his under the table. For such creative types, the breton's left-bank, bohemian image no doubt appealed, which is why the style was such a hit with the beat generation too.

But thanks to its military associations, the matelot, as the French usually call it, is far from fey and artsy – or seasonally limited. Just ask (politely) the Russian navy's special forces, who, since the 19th century, have worn a close-fitting breton-style shirt – a 'telnyashka' – under their fatigues. (Kurt Cobain 03 also wore one under a plaid shirt.) It helps that the Russian forces are built like brick outhouses – a shape that horizontal stripes accentuate. James Corden should avoid, but for others **bretons are the sartorial equivalent of a last-minute poolside pump-up**.

Modern versions tend to be more fitted, but printed rather than knitted. The latter is more traditional, substantial and durable; the former is lighter and, well, not as nice.

A good print may be hard to track down, but **you won't struggle to find bretons on the high street, from Uniqlo and Gap to Ami and APC** – which are French, of course. Or on the spring/summer 2015 catwalks: Dior Homme and Paul Smith were just two of the designers to reinterpret the breton this season, either by crossing it with a dress shirt or mixing the stripes. (See also T by Alexander Wang, his more affordable diffusion line.)

It's the kind of clever-clever play only possible with a garment so classic. Or 'classique', if you're of a more Parisian persuasion. In either language, it's a sure-fire way to earn some style stripes.



JOSH SIMS
THE AUTHOR OF *ICONS OF MEN'S STYLE* KNOWS HIS ONIONS ABOUT CLASSIC CLOTHES

STAR BOARD

Catch advice from this cast of style captains



01
WORN REBEL
Aside from his white Ts, James Dean found plenty of cause to wear a breton. Live like you'll die today; buy clothes like you'll live forever.



02
PICASSO, BABY
The artist had a whole gallery of bretons, including Saint James' Naval II with gitane-blue stripes, which you can still buy now.



03
BAND LEADER
Bretons aren't just for jazz cafés. If it gets hot, tie your plaid shirt around your waist: "very Ami SS15," as Kurt wouldn't say.

ADDITIONAL PHOTOGRAPHY: GETTY IMAGES, REX FEATURES


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SHORTS £40
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BRANDON WEARS
SUNGLASSES £360
LOUIS VUITTON
NECKLACE £180
LINKS OF LONDON
SHORTS £15 H&M

JON WEARS
NECKLACE £300 AND
SHORTS £350 BOTH
LOUIS VUITTON

THE PORTFOLIO

More trunk, less junk

Just because you're wearing fewer clothes doesn't mean you can take a style holiday. Pack MH's swimwear primer to ensure you're really beach ready

PHOTOGRAPHY – PAUL CALVER
STYLING – ERIC DOWN



Stripe a balance

Nautical stripes are a menswear and swimwear staple, but this season they're particularly prominent in both. Vertical ones, such as those on the Gucci catwalk, draw the eye in that direction to elongate your body. They are best circumnavigated if you're already tall. Conversely, horizontal stripes (see Dior Homme) send the gaze sideways, so steer clear if you're built like a tanker. However, they will add optical bulk to your thighs if you're built like a narrowboat – or have been skipping leg day.

01 SQUARE LEG
Although they look like stripes, these shorts are actually a very subtle check, which adds visual interest in addition to visual inches.

02 BAND AID
These striped H&M shorts also come in equally on-trend floral and navy-sky colour block, so you can cover all your bases for less than £50.

03 MIXED RESULTS
As on the catwalk, the most on-point examples of stripes vary proportions, so there's no risk of you looking like a Victorian bather.

Tailor your approach

Over the past few years, swimwear has seen a rise in inseams and smart tailoring, led by too-cool-for-pool brands such as Orlebar Brown. "The idea came when I was sitting by the water on holiday and didn't want to get changed for lunch," says founder Adam Brown. "But the other benefit is fit. Many people think baggy, shapeless swimwear hides a multitude of sins, but the opposite is true. If the suit fits you properly, then it's ultimately more flattering." It's as true for swimwear as it is for Savile Row.

01 REAR WINDOW
Tailored shorts tend to have waistbands that are raised at the back, so when you sit down for lunch you don't accidentally release the Kraken.

02 RUBBER BANNED
An elastic waistband will cause any "water weight" to spill over, accentuating your stomach; more flattering are shorts that float on your hips.

03 DRESS SENSE
As with all clothing, excess fabric only makes you look bigger: "Plus you feel like you're wearing a skirt when you get out of the water," says Brown.

SHIRT £28 TOPMAN
SHORTS £55 BEN SHERMAN
BRACELET £82 MIANSAI





TOP TO BOTTOM

BRANDON WEARS
NECKLACE £180
LINKS OF LONDON
WATCH £90 TIMEX
SHORTS £185
ROBINSON LES BAINS

TERRENCE WEARS
SUNGLASSES £465
LINDA FARROW
SHORTS £65 VICTORINOX
BRACELET £195
LINKS OF LONDON

STEFAN WEARS
SUNGLASSES £100
RETROSUPERFUTURE
T-SHIRT £6 ASOS
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JON WEARS
NECKLACE £370 GUCCI
SHORTS £175 DAN WARD
BRACELET £295 TATEOSSIAN
BANGLE £315 MIANSAI

Go to great lengths

Taking the plunge on length can be confusing. “Mid-thigh is a safe bet, regardless of your height or shape,” says Brown. “Showing a bit of leg makes you seem taller.” If you’re already tall and thin, boardies will make your thighs appear thicker; if you’re short or thick-set, a shorter inseam makes you look taller.

01
CUT-OFF POINT
The fashion may be for shorter shorts, but you need to feel comfortable with it. “They should never be squeezing at the front or at the back,” says Brown.

02
HANG TEN
Board shorts sit low on the waist, so they’ll highlight your hard-won washboard abs and inguinal crease, but at the risk of showing off your backside.

03
STREAM LINE
As well as generally being more flattering for most men, shorter inseams reduce drag in the water and won’t pull down your trunks when you climb out of it.

INVICTUS AWARD SEASON 3

GOING FOR GOLD

British decathlete Ben Gregory has excelled in this year's Invictus Award, but he needs your vote to be crowned champion

After pushing his body to the limit in the Mexican heat, decathlete Ben Gregory has done everything in his power to bring the Invictus Award back to Britain. Although he's made a profession out of being the best in a range of sporting disciplines, nothing could have prepared him for the thrills and spills of extreme surfing and adrenaline-pumping paragliding. But it's not just his ability to cope under pressure that has made him one to watch: "Ben was a real leader in the group," says Nick Youngquest, Invictus Ambassador and former rugby pro. "Watching him kill himself during an event but still find the heart to stick around and cheer his competitors across the line was inspirational."

Impressive stuff, we think you'll agree. What's more, a vote for Ben won't just win him personal glory. He wants to invest the €50,000 prize money in UK athletics and begin the search for our nation's next star.

But, facing stiff competition from a strong roster of international athletes, there's still work to be done. Ben needs your help to carry his campaign across the line and be crowned champion. Follow the competition every step of the way at youtube.com/PacoRabanneOfficiel then head to **invictusawards.menshealth.co.uk** to cast your vote.

paco rabanne INVICTUS

FIND OUT MORE ABOUT THE INVICTUS AWARD AND FOLLOW THE ATHLETES THROUGHOUT THE COMPETITION AT INVICTUSAWARDS.MENSHEALTH.CO.UK



Find a place in the shade

Riotous coloured shorts require rules. "It depends on skin tone," says Brown. "Pale doesn't wear bright colours well; the olive- or dark-skinned do so better." Bear in mind fluoros also make the whole beach-to-bar thing less viable. "Navy is foolproof, elegant and gets you anywhere," adds Brown.

01
MIRROR SHINE

The 'Flash' lenses in these aviators are one-way, like mirrors in police interview rooms. This will reduce glare. From the sun, we mean, not fellow beach-goers.

02
TRUNK SHOW

DSquared2 has recently opened a three-storey flagship in London, which stocks a carry-on case in this very same fluoro camo. You've no chance of losing it on the belt.

03
KEY PEACE

These hot-pink shorts are the work of up-and-coming London designer Katie Eary. And they still count among her most wearable pieces.



LEFT TO RIGHT

TERRENCE WEARS
TOP £10 ASOS
SHORTS £160
VILEBREQUIN AT MR PORTER
TOWEL £65 PAUL SMITH
BAG £35 ALBAM
POOL SLIDERS £55 HUNTER

BRANDON WEARS
TOP £10 ASOS
SHORTS £45
ORIGINAL PENGUIN
BRACELET £110
LINKS OF LONDON
SHOES £45 SUPERGA

STEFAN WEARS
SHORTS £145
RICHARD JAMES
BEACH BAT SET £150
FRESCOBOL CARIOCA
SANDALS £195
DAN WARD

Cast your net wider

Beyond florals and stripes, there are plenty more patterned fish in the swimwear sea. "We've seen a trend for animal motifs," says Rachel Williams, assistant menswear buyer at e-tailer Figleaves. "Smaller-scale patterns suit most shapes and are subtler; larger-scale ones are more striking." There's also a trend for photographic prints, whether of animals or beach scenes like those shot by photographer Slim Aarons in the '60s and '70s. Consider them Instagram inspo.

01 BIRD BRAIN
If you're going out on a limb by wearing pink flamingo swimshorts, it's best to balance them out with a plain white T-shirt and matching plimsolls.

02 CUT PRICE
Tailored swimshorts don't have to cost Savile Row bespoke prices. Pick up David Gandy's M&S range or these Original Penguin ones.

03 BALLER GAMES
Surfboard resin-coated bats aside, we're also a fan of Frescobol Carioca's linen towels – lighter, more absorbent and just cooler-looking.

WORDS: JAMIE MILLAR | GROOMING: OSCAR ALEXANDER AT ERA USING FUDGE AND L'OCCITANE ASSISTED BY HUGO GAMBOA | MODELS: TERRENCE HAY, JON HOSKING, BRANDON LEWIS, STEFAN POLLMAN ALL AT NEXT MODEL MANAGEMENT
PHOTOGRAPHER'S ASSISTANTS: PAUL PLEWS, DAVID POWELL | STYLIST'S ASSISTANT: SARAH MENE | LOCATION: OAK ACADEMY



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TUDOR

WATCH YOUR STYLE

WRIST ASSESSMENT

The new wave of maritimes

This year's flotilla of sailing-inspired watches not only boasts faces that could launch several thousand ships, they also have plenty going on below the surface

PHOTOGRAPHY – PIOTR GREGORCZYK STYLING – ERIC DOWN

If you want to be pedantic, every mechanical watch ever produced is technically a sailing watch. It was the pressure to make a portable timepiece – or 'chronometer' – accurate enough to navigate uncharted waters that led 18th-century horologists to invent many of the features that still whir away inside your modern wrist candy.

Even today, sailing continues to drive watchmaking innovation in the same way as motorsports, especially as the idea of a diving or oceangoing timepiece now stretches a few nautical miles beyond the basic need not to get lost. Combine the gadgetry with the romance of the high seas and you have a category of watch that won't be submerged – especially if 2015's raft of launches is anything to go by.

By way of proof, the **IWC Portugieser Yacht Club Worldtimer** (£7500) 03 marks 75 years since two Portuguese tradesmen decided a pocket chronometer would be handier on the wrist (and infinitely more readable than the wristwatches of the time). As the name suggests, this year's Portugieser adds a worldtimer function: handy for frequent fliers and the dateline-surfing sailors of the IWC-sponsored Volvo Ocean Race. Simply change the local time on the main display and the times in the 23 other zones, indicated by the dial's 'city ring', remain consistent.

However, the word 'yacht' is more readily associated with watches built for that other sort of competitive mariner: the regatta sailor. In the preliminary stage of each race, boats jostle for the start line before the gun goes off. Skippers must time their arrival at the line to the second: hence the regatta watch, complete with a brightly coloured countdown function, and coveted by seafarers and landlubbers alike for its marriage of functionality and techy cool. Unlike chronographs, which continue to measure time until you press 'stop', a countdown function, well, counts down a five-to-10-minute chunk: boiling an egg, a rest period, a TV ad break.

Arguably the best-value countdown watch going is **Louis Vuitton's Tambour Regatta Navy** (£3100) 02. The French luxury brand is perhaps more readily associated with monogrammed trunks on cruise liners, but its old association of the America's Cup's selection rounds has earned its watchmaking division hard-won entry to the fleet. OK, so its quartz movement won't win any prizes from watch snobs, but it does have the advantage of allowing you to programme the length of the countdown from one to 10 minutes. It even comes equipped with a sound indicator – handy if both hands need to be on the wheel or tiller.



ALEX DOAK ALLOW THE WATCH EXPERT FOR SPECIALIST HOROLOGICAL TITLE *OF* STEER YOU THROUGH THE CHOPPY SEAS OF PURCHASING

For most of us, though, all a sailing watch needs to be is tough, comfortable on the wrist, impervious to salt erosion (from both sweat and seawater), easily readable and, at a push overboard, water-resistant. Step forward the new **Rolex Yacht-Master** (£16,650) 01, one of the highlights of this year's Baselworld watch fair. (We'll give the programmable, frankly baffling Yacht-Master II a wide berth.) The case is a combination of fade-resistant 'Everose' gold and scratch-proof ceramic, while the ostensibly rubber strap is actually 'Oysterflex' (Rolex loves a coinage): blades of titanium and nickel alloy overmoulded with elastomer. Translation: the strength and security of a bracelet with the comfort and water resistance of not-rubber.

Still, the Rolex's price tag will divide the haves from the have-yachts. If like most, you fall into the former category, try the **TAG Heuer Aquaracer Automatic Chronograph** (£2450) 04, whose manufacturer continues to be the best entry point for a Swiss-made sports watch, sailing included. In comon with the rest of the Aquaracer range, it's "able to resist under the most extreme sailing conditions". Like the Rolex, it has a crown that screws down ensuring it's watertight to 300m, and is fitted with a ceramic bezel that's four times tougher than steel. The two also share an extendable bracelet, to fit over a wetsuit: just click the catch and it telescopes out, notch by notch. Or if you feel moved to wear them Gianni Agnelli-style – ie over a shirt cuff – with a three-piece one. Hey, whatever floats your boat.



TIME AND TIDE

Five noteworthy voyages made by seaworthy watches through history

JOHN HARRISON'S H4
The first watch used to calculate longitude
4650 miles (Portsmouth to Jamaica, 1761)

SIR FRANCIS CHICHESTER'S ROLEX OYSTER PERPETUAL
First west-east solo circumnavigation
29,630 miles (around the world, 1966)

DAME ELLEN MACARTHUR'S OMEGA SEAMASTER
Fastest solo circumnavigation
27,354 miles (around the world, 2005)

CHARLES DARWIN'S DENT
The Origin of Species expedition
40,000 miles (around the world, 1831)

IAN WALKER'S IWC OCEAN RACER
The 2014-2015 Volvo Ocean Race
38,739 miles (around the world, now)

STAY AFLOAT OF UP-TO-THE-MINUTE MOVEMENTS



01

AIR STREAM
The Rolex's bracelet has a 'longitudinal cushion system' (rubber pads on the underside) which stabilises the watch and helps air to flow.

02

TIGHT SHIP
Programmable countdown function aside, this Regatta also has an alarm and is water-resistant to 100m, so you're cool to capsize if not sink.

03

IN THE ZONE
A quick turn of the IWC's crown sets the hour hand forward or back in one-hour increments to save time when constantly crossing borders.

04

STRONG CURRENT
This movement is self-winding and boasts a power reserve of 42 hours. So no need to worry about it stopping if you 'weigh anchor' for a while.

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THE VISUAL GUIDE

Navigate the trends

A tide of marine-inspired menswear comes in every spring/summer, but it's easy to go off course. Use this chart to avoid getting lost at sea

AYE, CAPTAIN



PAUL NEWMAN
A sweatshirt and chinos aren't especially nautical. But with a Heineken in hand, who cares?



RYAN GOSLING
Navy and white still evokes the French Riviera without any risk of looking like an onion seller.



KANYE WEST
Despite breaking the 'one-piece' rule (breton, anchor-buttoned blazer, boat shoes, mermaid) this works.



CARY GRANT
Steal the style of his breton-wearing burglar in 1955's *To Catch A Thief*. Maybe not his neckerchief.



STEVE ZISSOU
Double pastel blue is less pull-offable onshore but the red beanie surfaced at Ami this season.

LANDLUBBER

STEVE MCQUEEN
A fisherman knit in cool cotton: handy when the breeze picks up by the sea or further inland.



LAPO ELKANN
Drop the anchor buttons and a DB blazer with stripy top is plain sailing. (NB navy is more wearable.)



RICHARD DREYFUSS
Jaws has style chops. Bucket hats are in and protect your neck. Well, from sun, at least.



SAILOR BOY

DAVID BOWIE
All-white everything and wider strides are both SS15 trends; together, they're a perfect storm.





JOHN GALLIANO
Nautical should operate as a subtly acknowledged reference point – not fancy dress.



P DIDDY
An ill-fitting white suit completely scuppered by the exactly matching tie and pocket square. Seasick inducing.



ROMAN ABRAMOVICH
A private yacht is no excuse for baggy cargo shorts and a seagull T-shirt that billows like a sail.



BARKHAD ABDI
The Oscar-nominated *Captain Phillips* co-star's pirate get-up is a little too derelicte for everyday.



LEONARDO DICAPRIO
Even if you're hiding a dad bod, wearing your towel this high makes you look like a woman.



JOHN MAYER
A shipshape inseam for tailored swimwear, utterly indecent for shorts. Lower yours to just above the knee.

CAPTAIN HOOK
Wear either hook or tricorn hat, but *never* both.



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THE PYRAMID

If the mere mention of the Wall of Fame has you running in the other direction, you'll need to hold your nerve for The Pyramid. It may be Survival's new kid on the block but there's nothing innocent about this obstacle. At 24ft high, it towers over the rest of the course and requires explosive power to ascend, plus a nifty backward crawl technique on the way down.





MILITARY ZONE

Recruit your inner Action Man and go into an all-out combat mode in this zone. The only guns required are your own. You will need to climb ropes, carry sandbags and scale the mighty A-frames. Remember to keep your head down as you scramble under the cargo net and watch out for our sergeant major barking his orders.

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BOARDWALK

Does the word conjure images of a tranquil beachside walk? Think again. New in 2014, this proved a firm favourite on the Survival circuit. Dig those nails in and watch out for splinters as you crab-walk across bare boards. You will also need your abs in order to tackle the instability of the cargo nets.





HAYBALES

These man-made mountains are the first obstacle you will face regardless of which city you are competing in. You'll need to scale them fast if you want to take the lead. Get both hands on the bale and use your legs to spring up and over, lest you wind up left behind like a nag at the Grand National.


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ONE WORD ANSWER #16



GRASP THE DIRTY TRUTH ABOUT HONEST TRADERS

QUESTION

Which body parts are the best measure of manliness?

ANSWER

Fingers

You know what they say about men with big feet? That's right: big shoes. And if you buy into the myth that a pair of size 12s means anything more, frankly you could do with a science refresh. It turns out it's all in hand: new studies have linked your finger length to the amount of testosterone in your body. Researchers at McGill University in Canada discovered that men with ring fingers longer than their index fingers are more likely to have been exposed to high levels of the hormone as a foetus. They also concluded that, as a logical corollary, if your index finger is longer it could be down to oestrogen exposure. But before the chest-beating commences, it's worth considering the subtler implications. While high testosterone levels are associated with dominant and competitive characters, a separate study from Germany's University of Bonn also linked it to increased honesty. Next time you're at a work meeting or just trying to suss out a client, scan the digits at the table. It might help you establish whose handshake you can trust the most.

WORDS: EMILY BADIOZZAMAN | PHOTOGRAPHY: AGATA PEC AT HEARST STUDIOS | MACKINAW FIELD WATCH £600 FILSON.COM

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